



# Health and Human Services MEDIA RELEASE



**FOR IMMEDIATE RELEASE**



Oct. 29, 2015

## Health and school officials “Teach Flu a Lesson”

***No-cost children’s flu vaccines available at schools Nov. 12-18***

**SARASOTA COUNTY** – Local health and school officials have teamed up with Healthy Schools, LLC to “Teach Flu A Lesson” by providing no-cost flu vaccine to students during select school days in November. Parental consent is required. Vaccines will be available at 56 sites, including all Sarasota County traditional public and charter schools. The schedule is available at [www.sarasotacountyschools.net](http://www.sarasotacountyschools.net) under the ‘Announcements’ tab.

Qualified health professionals will administer either the traditional flu shot or the inhaled influenza vaccine, based on an assessment of which vaccine is appropriate for each student.

According to the Centers for Disease Control and Prevention (CDC), the flu vaccine is the best defense against the seasonal flu and is very safe. Those who get vaccinated can expect to get protection within two weeks. The flu vaccine does not cause the flu.

Unlike the common cold, the flu can cause severe illness and life-threatening complications. Getting vaccinated can also prevent you from spreading the flu to friends and family. Local health officials say that outbreaks of flu-like illness can occur in the schools and then spread to families so it is important for children to get immunized.

In addition to getting vaccinated, **Fight the Flu:**

- **Wash your hands** often with soap and water or an alcohol-based hand cleaner.
- **Cover your coughs** and sneezes with your elbow or a tissue, or the inside of your elbow.
- **Keep sick children at home** until free from fever at least 24 hours (without the use of fever-reducing medicine).

More information: Call Florida Department of Health in Sarasota County’s Office of School Health at 941-927-9000, ext. 32101 or visit the district’s website, [www.sarasotacountyschools.net](http://www.sarasotacountyschools.net).



### **MEDIA NOTES:**

#### **DOH-Sarasota Media Contact:**

Dianne Shipley, 941-861-2852; cell 941-302-1058; DOHSarasotaNews@flhealth.gov

Website: [www.sarasotahealth.org](http://www.sarasotahealth.org)



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View the complete policy at [www.scgov.net/ADA/Pages/default.aspx](http://www.scgov.net/ADA/Pages/default.aspx)

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Dianne Shipley, 941-861-2852; cell 941-302-1058; [DOHSarasotaNews@FLHealth.gov](mailto:DOHSarasotaNews@FLHealth.gov)

### **Sarasota County Schools Media Contact:**

Scott Ferguson, 941-941-927-9000, ext. 31148; cell: 941-539-6938;  
[scott.ferguson@sarasotacountyschools.net](mailto:scott.ferguson@sarasotacountyschools.net)



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