



A Message from the Desk of

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Flu Season Prevention



Most parents and students remember the tough flu season we all suffered through last year. Due to illness, students missed many more days than usual. It hardly seems possible, but the flu season is almost here again.

Flu season starts to peak in November and continues to peak through April. The Centers for Disease Control and Prevention (CDC) recommend getting your flu vaccine in the months of October and November in order to prevent an outbreak to the flu virus.

Every flu season a new batch of the flu vaccine is made. Scientists consider what strains of the virus are going to be a threat that flu season and develop the vaccine accordingly. There are usually 3 deactivated or killed stains of the flu virus in the vaccine each new flu season.

This flu season, due to vaccination shortages and new strains, the CDC is recommending that specific priority groups get their vaccinations first. The priority group is as follows:

- Children between ages 6-23 months
- Adults aged 65+
- Individuals with chronic conditions aged 2-64
- Women who are pregnant or may become pregnant
- Residents of nursing homes/long term facilities
- Children between 6 months to 18 years of age on chronic aspirin therapy
- Health care workers that work in direct patient care

- Household contacts/out-side caregivers of children under 6 months of age

People who have severe allergies to chicken eggs or those who have Guillain-Barre syndrome (obtained after a flu vaccine) should not receive get a flu vaccine.

The best tip for flu prevention for those unable to get a flu vaccination or for those in the priority group to further protect themselves this flu season is to maintain a healthy immune system.

This flu season, remember the following:

- Keep children who are sick at home.
- Teach your children to wash hands a lot with soap and water for 20 seconds.
- Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow.



(This information was gathered from vaxa.com, an informational website relating to flu prevention.)

Thank you for your time and support. go to:
www.claycountyschools.org