

# INFLUENZA VACCINE FOR: HOUSTON ISD EMPLOYEES



**Texas Vaccine Institute: Vaccination  
at your Location**

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Texas 77450

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1-888- FLU STOP (1- 888 358 - 7867)

*Certificate: 01586568 of the State of  
Texas, Secretary of State*



**Get Your  
Flu Shot!**

## EACH YEAR THOUSANDS OF PEOPLE IN THE UNITED STATES DIE FROM FLU, AND MANY MORE HOSPITALIZED

### **Dear Nurses, Teachers, and Staff:**

Influenza (“flu”) is a contagious disease that spreads around the United States every year, usually between October and May.

Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact. Anyone can get the flu.

People working in schools or any other closed environments are more exposed than others to get infectious diseases. Flu strikes suddenly and can last several days.

Symptoms vary by age, but can include:

- fever/chills
- fatigue
- sore throat
- cough
- muscle aches
- headache

The Flu is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greater risk.

There is no live virus in the injectable flu vaccine; therefore receiving the vaccine cannot cause the flu.

**Texas Vaccine Institute (TVI)** is going to provide the Influenza Vaccine for all **Houston ISD employees, courtesy of Cigna**, by attending each school according to the programmed schedule.

TVI will use the highest-quality quadrivalent single-dose vaccine without preservatives.

Side effects from the influenza vaccine are rare, brief, and mild. However, the influenza vaccine is not recommended for people with allergic reactions to egg products or who may have a fever.

### **INSIDE THE ISSUE**

1. The **Center for Disease and Control** recommends that everybody receive the Influenza Vaccine regardless of age (after 6 months of age), since it is the primary method of flu prevention.
2. Texas Vaccine Institute (TVI) will provide the Influenza Vaccine to all Houston ISD employees, free of charge, courtesy of Cigna