

## Health Suite News

### THE FLU SEASON IS UPON US!

The flu season runs October thru May. The best time to get your flu shot is NOW!

Influenza (flu) is a very contagious viral infection that affects the air passages of the lungs. It causes a high fever, body aches, a cough, and other symptoms. It is one of the most severe and common viral illnesses of the winter season. Most children are ill with the flu for less than a week. But some children have a more serious illness and may need to be treated in the hospital. The flu may also lead to lung infection (pneumonia) or death. *-Influenza in Children, Johns Hopkins Health*

The best way to prevent the flu, or lessen its symptoms, is to be vaccinated against influenza. Contact your healthcare provider or local pharmacy to vaccinate your family today!

Looking for a FUN Family Flu Clinic? Put on short sleeved shirts, jump in the car, and head to **MedStar's Drive-Through Flu Vaccination Clinic!** FREE to anyone 6 months and older while supplies last. **Sunday, November 3<sup>rd</sup>, 8am-12pm** at CCBC Campus, Rossville Blvd and College Dr., Baltimore, MD 21237

Looking for something closer?  
**Baltimore County Health Department** is also offering  
**FREE** flu vaccines:



# Get a FREE Flu Shot

**\*\*While Supplies Last!\*\***

**Saturday, October 19 | 9 a.m. to Noon | Seven Locations!**

Pick a Location	Complete a Form	Get a FREE Shot
 <p><b>Drumcastle Government Center</b> 6401 York Road   21212</p> <p><b>Dundalk Middle School</b> 7400 Dunmanway   21222</p> <p><b>Hereford Middle School</b> 712 Corbett Road   21111</p> <p><b>Lansdowne Middle School</b> 2400 Lansdowne Road   21227</p> <p><b>Middle River Middle School</b> 800 Middle River Road   21220</p> <p><b>Pikesville Middle School</b> 7701 Seven Mile Lane   21208</p> <p><b>Randallstown Community Center</b> 3505 Resource Drive   21133</p>	 <p>Fill out a form for each family member. The form will be reviewed to determine eligibility to receive the vaccination.</p> <p><small>If you ever had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of this vaccine, you may be advised not to get vaccinated at this clinic.</small></p>	 <p>Injectable flu vaccine will be available on a first-come, first-served basis to anyone six months and older.</p> <p><small>Residents are asked to wear short-sleeve or sleeveless shirts for quick and easy access to the portion of their arm where the vaccination will be administered.</small></p>

For more information, call **410-887-BCHD (2243)** or visit [www.baltimorecountymd.gov/flushot](http://www.baltimorecountymd.gov/flushot)

**Baltimore County Department of Health**  
*Healthy people living, working, and playing in Baltimore County*

Gregory Wm. Branch, M.D., MBA, CPE, FACP - Director, Health and Human Services  
Baltimore County Executive Johnny Okonowski, Jr. and the Baltimore County Council

Should you require special accommodations (language interpreter, large print, etc.), please give us as much notice as possible by calling the Public Information Office at 410-887-3072 or sending an email to [hhs@baltimorecountymd.gov](mailto:hhs@baltimorecountymd.gov).

REV. 9/12/20  @BaltCoHHS

## BCPS Health Reminders:

We have already seen quite a bit of high fevers and strep throat going through Warren this school year. Please adhere to BCPS policy to contain illness and keep our students as healthy as possible:

Parents should keep students home if they have any sign or symptoms of illness, *including:*

- Fever
- Vomiting (more than one episode or associated with a fever or diarrhea)
- Diarrhea

**\*\*Student should be fever free and symptom free for *24 hours* before returning to school\*\***

**Please continue to send in you children's updated immunizations, physicals, dental and lead forms! Thank you!**

**Contact the Health Suite:** Kate Melito at 410-666-8376 or [kmelito@bcps.org](mailto:kmelito@bcps.org)