

#Be the Hero & #Build the Shield!



Did you know that the flu vaccine is more important than ever during this pandemic? By getting your flu shot, you are protecting your family that are more vulnerable to severe illness, like elderly, children, or those with other diseases.

Children and teens can *#Be the Hero* for their community by helping to *#Build the Shield* of immunity when they get their flu shot.

Who: Students of District 209 and District 89

What: Drive-through free flu vaccinations (while supplies last)

When: Tuesday 1/19 thru Thursday 1/21, 9:00a-3:30p

Where: Proviso East High School North parking lot

How: Make an appt by calling the Loyola School-Based Health Center at 708-449-9522 or by visiting www.loyolasbhc.org

BONUS: When you get your flu shot, you get **2 free cloth face masks** and an age-appropriate prize of your choice!



Also, when you get the flu shot, you will be put on the notification list for when we get the COVID vaccination.

Don't be fooled by Flu Shot Myths!

Myth 1: Flu shots give you the flu

Despite what many say, the flu vaccine cannot give you the flu. **It just can't.** The flu vaccine contains an **inactive virus**, which cannot cause the flu, only a sore arm and occasional mild side effects. Those who reported coming down with the flu after receiving the vaccine were likely exposed to the flu virus prior to receiving the vaccine or in the two-week window it takes your body to develop immune protection.

Myth 2: The Flu is no big deal

Last year, the flu killed 79,000 people in the US! Who are those 79,000 people? Usually people who are older, or young children. Or people with chronic disease like diabetes or asthma. Do you know any of those people? **By getting your flu shot, you are protecting your family and friends in those categories.** Perhaps the most alarming and unsettling fact is that you can spread the flu even if you look and feel well! In fact, **20-30 percent of those who carry influenza show no symptoms.**