

FREE Flu Vaccine

for PEHS Students

*who have a signed Parent/Guardian consent form to receive the vaccine.
During October and November, flu shots will be given to PEHS students
before & after school and during their lunch hour.*

**PEHS students who receive a flu shot can enter a raffle
to win an iPod, music downloads and other valuable prizes!**

The Centers for Disease Control (CDC) recommends flu shots for ALL people over the age of six months. Flu vaccination is especially important for teenagers and adults who have any chronic condition such as asthma, high blood pressure, diabetes, heart disease or respiratory disease. Women who are pregnant or who are caring for young children need a flu shot to protect themselves and others. Adults and teens need flu shots so they don't get sick and miss school or work.

You can NOT get the flu from a flu shot because the vaccine is made of killed virus. The flu shot takes 2-3 weeks before it is effective to prevent the flu. If you develop the flu within 2-3 weeks after receiving the shot, you were exposed to the virus BEFORE your body could build up a defense from the vaccine.

**Parents, stop by the School-Based Health Center and receive
your own flu vaccine today for \$5.00**

If you are not at the report card pickup, you may
mail or fax the completed consent form to the
School-Based Health Center at PEHS
807 South First Ave • Maywood, IL 60153
Phone: (708) 449-9522 • Fax: (708) 449-9525



Niehoff School of Nursing