

BACK TO SCHOOL



Dear School Staff & Administrators,

You do so much to prepare for the upcoming school year and to ensure your students have the best learning environment possible. As you prepare for all outcomes, don't forget about your own vaccine needs. Each year, tens of thousands of **adults** needlessly suffer, are hospitalized, and even die as a result of diseases that could be prevented by vaccines.

Adults Need Vaccines, Too

Protect yourself and those that you are responsible for by practicing and promoting healthy behaviors during the school year. All adults should get an annual flu vaccine to protect against seasonal flu and Td/Tdap vaccine to protect against tetanus, diphtheria and pertussis (whooping cough). You may also need other vaccines based on your age, health conditions, occupation and other factors. Some additional vaccines you may need include hepatitis A and B, human papillomavirus (HPV), meningococcal, pneumococcal, and/or shingles vaccines. Take this [quiz](#) to find out which vaccines you may need.

Additional Prevention Measures

In addition to getting vaccinated, other ways that you can role model positive health behaviors for your students include: staying home when sick, covering your nose and mouth with a tissue when you cough or sneeze, washing your hands often with soap and water, and disinfecting classroom surfaces or objects frequently.

Don't Wait - Get Vaccinated

Getting vaccinated is easier than you think. Adults can get vaccines at doctors' offices, pharmacies, health clinics, workplaces, and health departments. Visit vaccine.healthmap.org to help find a vaccine provider near you. Most health insurance plans cover the cost of recommended vaccines – a call to your insurance provider can give you the details.

**There are many things you want to pass on to your students,
but no one wants to pass on a serious illness.**