



NEWS FROM THE NURSE

NOVEMBER

Licensed School Nurse (LSN):**Bridget Berigan****Schedule:**

Mon – Friday

7 am – 2:30 pm

Health Assistant (HA):**Risa Hoge (until January)****Xee Cha (starts in January)****Schedule:**

2-3 days a week

7 am – 2:30 pm

Contact info for School Health Office:

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- Risa.Hoge@spps.org & xee.cha@spps.org
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MONTHLY TOPICS

INFLUENZA

FLU CLINIC: November 10th, 9:00AM to 12:00PM; BCE Conference Room

Flu vaccination can keep you from getting sick with flu.

Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.

Flu vaccination can reduce the risk of flu-associated hospitalization.

Flu vaccination during pregnancy helps protect pregnant people from flu during and after pregnancy and helps protect their infants from flu in their first few months of life.

Flu vaccine can be lifesaving in children.

Source: [Centers for Disease Control and Prevention](https://www.cdc.gov)

RESPIRATORY ILLNESS

Along with the seasonal influenza virus (flu) and the respiratory syncytial virus (RSV), COVID-19 has become a part of the respiratory virus season. Analysis from CDC's Center for Forecasting and Outbreak Analytics shows that with the addition of a third virus (COVID-19) that can cause severe disease, even an average respiratory season can place significant strain on our healthcare system.

CDC expects this year will be similar to last year in terms of the total number of hospitalizations from COVID-19, RSV, and flu. As with last year, the total number of hospitalizations this year is expected to be **higher** than what we as a nation experienced prior to the COVID-19 pandemic.

Flu vaccination remains the best way to protect yourself and your loved ones against flu and its potentially serious outcomes. RSV activity in the United States is also low currently and is likely to increase.

Vaccination against these respiratory viruses is important for everyone and especially for those who are at higher risk of developing serious complications, including older Americans and those with medical conditions.