

Nursing Notes



October 2020

IMMUNIZATIONS



Welcome to my newsletter, Nursing Notes! This month, I will highlight everyone's favorite health task...shots! 😊 Well...immunizations, vaccines, shots, or whatever you call them are a vital part of you and your student's health. Because COVID looks a lot like the flu and you can contract both at the same time, a flu shot is your best defense against at least one of the two big viruses that can wreak havoc on your plans, not to mention our healthcare systems. Preserving capacity in hospitals is critical to being able to diagnose, treat, and return patients back to their daily activities. When hospitals fill up, you might not only wait for longer than normal, you might be the patient in "Hallway 1", or could be turfed to a different hospital, further from home. This is not only more stress for you and your family, but can waste precious time in trying to get you appropriate care. When that happens, even those conditions normally treated and released become life threatening due to long delays. So, plan ahead to fight the flu by getting yourself a flu shot now!

Also, you may have heard from me recently regarding immunization records...don't delay! It is important that we don't let our regular vaccines fall by the wayside. Remember to complete any vaccine series you start and send the record to me so I can update our system. If you have any questions about the flu shot, vaccines, compliance or whether the Seahawks will go to the Super Bowl, don't hesitate to ask!

Immunizations...because everyone should be covered for a lifetime!

Be Well Eagles!

Nurse Krista

Your Health, it's in your hands!

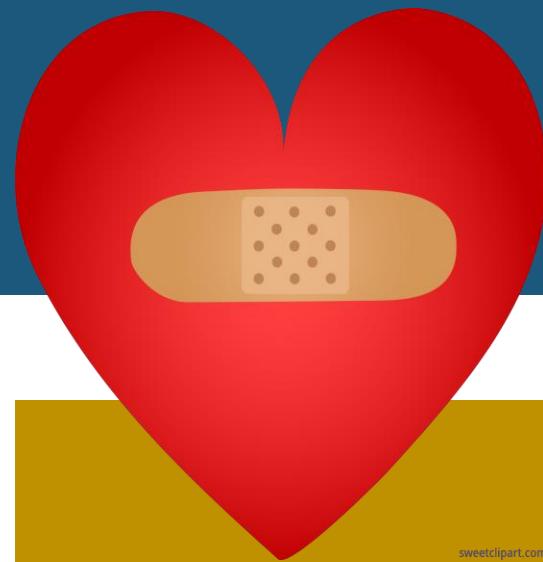
Wash your hands for 20 seconds

Wear a mask (replace it when soiled!)

Give some space! Social distance when with a group

Get your flu shot

Cover your cough & sneeze



Health Resources

The more you know...

Teen Vaccines

Take 3 to Fight the Flu

Flu vs Cold vs Covid

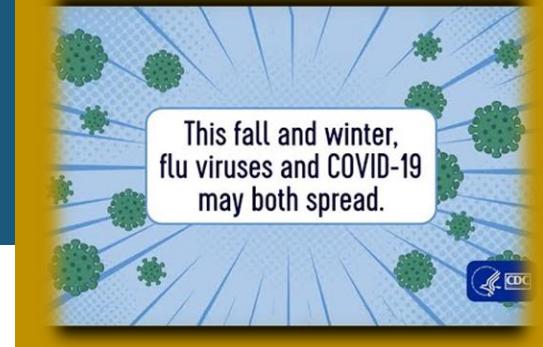
Drive Through Covid testing at SHD

Covid test sites

Access your Family's Immunizations



Think of it as **essential**.



This fall and winter, flu viruses and COVID-19 may both spread.



