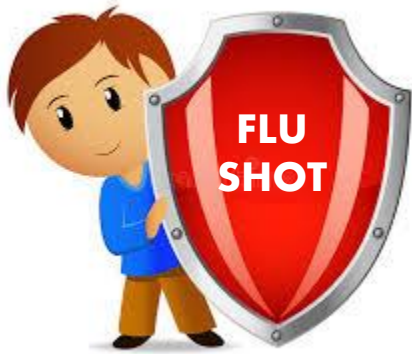


# #Be the Hero & #Build the Shield!



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 12/15- Thursday, 12/17, 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](http://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!

## **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.**