



TEXAS DEPARTMENT OF STATE HEALTH SERVICES

DAVID L. LAKEY, M.D.
COMMISSIONER

P.O. Box 149347
Austin, Texas 78714-9347
1-888-963-7111
TTY: 1-800-735-2989
www.dshs.state.tx.us

Dear Employees of Child Care Centers in Texas:

The Immunization Branch at the Department of State Health Services is sending you this letter to encourage you to get vaccinated against the influenza this year.

As a state, we want to protect ourselves, our children and our colleagues by being immunized against influenza. As a Child Care Center employee, you have a unique opportunity to protect the children at your place of employment and lessen the spread of influenza in your community. To stop the increase of influenza, the Centers for Disease Control and Prevention (CDC) recommends influenza vaccinations for people of all ages on a yearly basis.

Influenza is a very serious virus. Every year in the United States, more than 200,000 people are hospitalized from flu complications and about 36,000 die from the flu¹. In the early stages of influenza, many people may not feel sick. Without realizing it, they can spread the virus to those around them. People can infect others for up to a day before they have symptoms and up to 5 days after symptoms disappear².

The best way to protect yourself, the children at your place of work, your family and your co-workers is to get immunized against influenza each year. Because the influenza virus changes each year, the vaccine changes as well. To be protected, you need the current year's vaccine.

To protect all of us, please talk with your doctor about a seasonal influenza vaccination and/or visit a pharmacy that carries flu vaccines as soon as possible.

For more information about influenza and immunization, please contact the Immunization Branch at (800) 252-9152 and visit:
<http://www.dshs.state.tx.us/immunize/flu.shtm>

Sincerely,

Jack C. Sims, Manager
Immunization Branch

¹ U.S. Department of Health and Human Services

² 2008 National Health Interview Survey (NHIS)

Adapted from CDC materials