

A letter from Katie McClain, RISD Nurse Supervisor, on the importance of getting vaccinated against the flu

Dear RISD Colleagues,

What a year it has been! It is hard to believe that fall and the start of the flu season is already upon us. Although we encourage all RISD employees to get vaccinated against the flu every year, this year it is even more important.

In a bad flu season, which peaks from December to February, 40 to 50 million Americans may catch the flu, with some 800,000 requiring hospitalization. A major concern is that with the onset of the flu season, there will be peaks of the flu and COVID-19 at the same time. This can rapidly overwhelm our healthcare system. COVID-19 and the flu share many of the same symptoms, and can even infect the body at the same time.



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For both the flu & COVID-19, the elderly and those with underlying conditions are more susceptible, but the flu also hits children particularly hard and spreads readily in schools. The more people in all age groups who get a flu vaccine, the more protected these vulnerable populations will be.

Unlike COVID-19, the flu is a familiar foe, and a safe and effective vaccine is available every year. Please consider getting the flu vaccine to protect yourself and others. It is currently available at most local pharmacies and doctors' offices. If you have any

questions regarding the flu or flu vaccine, please feel free to reach out to one of our wonderful RISD School Nurses for more information.



Thank you for all you do for the children of our community. Your hard work, dedication and perseverance during these tough times does not go unnoticed.



Warm Regards,

A handwritten signature in black ink that reads "Katie McClain BSN RN".

Katie McClain BSN RN
RISD Nursing Supervisor