

To: Rosholt Area Students & Community Members

We are happy to announce that we will be offering FLU SHOTS at the school on
Thursday, October 8, 2026.

Getting a flu shot can provide a significant level of defense against contracting the INFLUENZA virus.

Influenza is a contagious illness that is caused by a virus and is spread by coughing, sneezing, and close contact with an infected individual.

Getting the flu vaccine can protect your child against getting the flu or make the flu less severe if they do get it. It can also protect them from spreading the flu to family and others.

Flu vaccine is given yearly and it is recommended at the start of the flu season.

The flu vaccine does not contain live virus and therefore cannot cause the flu. But after the individual receives the flu shot, their body's immune system has to develop the antibodies to fight it. It is during this time that the immune system may "miss" protecting against another virus and sickness (usually mild) may occur but often does not. One is encouraged to promote health during this "antibody learning" period with good hand washing, good water intake, and proper nutrition.

We encourage you to think seriously about this very important health protection for your child. If they are not immunized yet this year against the flu, then this opportunity is open for them now!!

There are three attached forms for you to review.

1. **Vaccine information statement** (this has information about the flu vaccine)
2. **Permission slip** (if you want your child to receive the vaccine, sign and return with them on or before flu shot day)
3. **Statement of Financial Responsibility** (this authorizes Sanford to bill insurance)

Thank you,
Sanford Wheaton Clinic
320-563-8226