

It is that time of year to put a reminder about practical steps necessary to keep Bosqueville ISD schools healthy. Steps you can take at home, as we do at school. Listed below are some preventative steps.

Please Remember – Do not send your child to school when he/she is sick

- ✓ Fever-free for 24 hours
- ✓ No vomiting for 24 hours
- ✓ No diarrhea for 24 hours

Students can help by

- ✓ Washing their hands for 20 seconds with soap and water before and after eating or using the restroom
- ✓ Sneezing or coughing into their sleeves or using Kleenex
- ✓ Not sharing food and drink
- ✓ Encouraging others to do the same

The flu vaccine is available now

By shot or nasal spray

- ✓ It is important to get the vaccine if you, someone you live with, or someone you care for is a “high risk of complications from the flu”
- ✓ Mild reactions such as soreness, headaches, and fever are common side effects.
- ✓ The vaccine will last 1 year, but takes 2 weeks to take effect so get it as soon as you can.
- ✓ For more information go to www.flu.gov

Where can you get the flu shot?

- ✓ HEB - N. 19th street 254-753-2226 Accept insurance: Yes
- ✓ Walgreens – Bosque Blvd 254-751-7215 Accept insurance: YES
- ✓ HEB – Wooded Acres Dr. 254-776-1027 Accept insurance: YES
- ✓ CVS – N. Valley Mills dr. 254-741-0237 Accept insurance: YES
- ✓ Any Lab Test Now – 5174 W. Waco Dr. 254-300-4183 Accept Ins: NO
- ✓ Walmart – Franklin Ave. 254-751-0301 Accept insurance: NO
- ✓ HEB – Valley Mills Dr. 254-757-3344 Accept insurance: NO
- ✓ Walgreens – Valley Mills Dr. 254-752-3986 Accept insurance: YES
- ✓ Or call your doctor’s office to see if they it in stock

