



The SMMUSD Council of PTAs wishes to remind you that this year it is especially important for you to protect yourself and your family against the seasonal flu. The CDC has helpful information regarding seasonal flu on their website. You can click on these links for more information in English or Spanish.

<https://www.cdc.gov/flu/index.htm>

<https://espanol.cdc.gov/flu/>

The CDC recommends that everyone 6 months and older get the annual flu vaccine by the end of October. However, getting vaccinated anytime during the flu season will benefit you. Again, pls refer to their website for more information and ask your doctor any questions you may have.

