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# QUICK TIPS *for parents* of school-age kids

*It is our goal, as your local Health Department to provide useful information to prevent, promote and protect you and your family's health and wellness.*

## Have a mild flu season

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Parents can help kids fight flu by getting themselves and their kids vaccinated against flu each year. Flu can be more dangerous than the common cold for kids. Annual flu vaccination offers the best protection against flu and its potentially serious complications in kids. Contact your family physician or call us at 716-753-4491 to schedule an appointment for a flu vaccine today!

A FLU VACCINE CAN TAKE FLU FROM



## Giving Back

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Teaching children to help in their community is a great way to instill compassion and caring. The holidays bring many opportunities to serve! One way to serve is by signing up to ring the Salvation Army bell. Salvation Army donation pots will be at many locations throughout Chautauqua County this November & December and only takes an hour or two.

Find a location and time that works with your family's schedule and sign up today!



REGISTER TO  
**RING**



## Free Winter Coats

Families can get free winter coats if there is a need. Stop by your local Catholic Charities or Salvation Army.

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### Salvation Army locations:

- 83 S Main St, Jamestown
- 704 Central Ave., Dunkirk

### Catholic Charities locations:

- 42 Duhnam Ave., Jamestown
- 326 Central Ave., Dunkirk

**Have a coat to donate?** New or gently used winter coats can be donated by dropping them off at any of the above locations.

