



North Shore-Long Island Jewish Health System

### APHA *Get Ready Day* Contest

The North Shore-LIJ Student Health Center at Franklin K. Lane High School Campus recognized *Get Ready Day* by highlighting flu prevention and preparedness. Our objective was to increase yearly flu vaccination and educate our community about ways to prevent the flu.



The main *Get Ready Day* event was organized by our five Peer Leaders and health center staff and was attended by over 70 students. We held a “Hand Washing Dance Party” in the hallway, inviting students to wash their hands for 15 seconds while they danced to “[Party Rock Anthem](#)” by LMFAO. Music playing through the halls attracted students, teachers, administrators, and security guards to the event. Everyone was “shufflin” while learning the correct technique for hand-washing. Peer Leaders educated students about ways to prevent the flu and the importance of getting an annual vaccine. One hundred information packets and parental consent forms were distributed by the Peer Leaders who are competing to outreach the most participants for flu vaccines. The winning Peer Leader will receive a prize.

Leading up to *Get Ready Day*, we hung posters in the six campus schools advertizing the flu vaccine and urging students to “Be prepared!” We ordered and distributed bilingual brochures and bookmarks about flu prevention and preparedness. This spread the word about *Get Ready Day*! Teachers and staff encouraged their students to come to the hand washing event. North Shore-LIJ Health System also provided the Student Health Center with gift packs including tissues, disposable thermometers, hand sanitizer and lip balm in a pouch as incentives for the first 100 students to receive a flu vaccine.



Behind the scenes, our nurse practitioners and medical office assistants developed a system to streamline flu vaccination visits. Students with parental consent can be seen immediately on a walk-in basis for the vaccine, a perk in our busy clinic!