Dear Parents and Caregivers,

We know how challenging the COVID-19 pandemic has been for families in Massachusetts, and it is more important than ever to keep up with vaccinations and other routine healthcare measures for you and your children during this critical time.

We are writing today to encourage you to continue to get regular and [preventive](https://www.hhs.gov/healthcare/about-the-aca/preventive-care/index.html) healthcare for yourself and your child/teen through your primary care provider and child’s pediatrician. It is important to keep routine checkup appointments, well-child visits, and immunizations for your child/teen (like chickenpox, flu, and measles).

As a parent or caregiver, your health is also a priority. Visit your primary care provider to stay on top of chronic conditions like diabetes and high blood pressure, care for your sexual and reproductive health, or discuss any concerns, such as mental health or substance use. If you are planning to get [pregnant](https://www.cdc.gov/pregnancy/index.html), seek counseling and screening. If you are pregnant, get regular prenatal checkups, take your prenatal vitamins, and get your flu shot.

We appreciate your help to keep all of our children and families, as well as our community, safe and healthy this fall and all year long.

Sincerely,