



Fighting the Flu Together



With the ongoing threat of COVID-19, it is important to get the flu shot this year to help protect ourselves, our families and our community. Getting vaccinated lowers the risk of getting flu and saves medical resources to care for people with COVID-19.

Who should get the flu shot?

Everyone who is 6 months and older. A yearly flu vaccine is the best way to protect your child from flu and its potentially serious complications.

Why should my child get a flu vaccine?

- Reduces the risk of flu illness and hospitalization.
- Shown to be life-saving for children.
- Can make illness less severe among people who get vaccinated but still get sick with flu.
- Reduces the risk of illness, which can keep your child from missing school or childcare and you from missing work.
- Reduces the high risk of developing serious flu complication especially if your child is younger than 5 years, or of any age with certain chronic conditions.
- Helps prevent spreading flu to family and friends, including babies younger than 6 months who are too young to get a flu vaccine

Why does my child need a flu shot every year?

Flu viruses are constantly changing, so new vaccines are made each year to protect against the flu viruses that are likely to cause the most illness.

How does the flu spread?

Influenza spreads mainly through droplets from people who have the flu talk, cough or sneeze and those droplets are then inhaled or land in the mouths or noses of people who are nearby. An infected person can spread the flu one day before symptoms show and up to 5-7 days after getting sick.

Can my child get the flu from the vaccine?

Flu vaccines do not cause the flu. However, flu shots can sometimes cause mild side effects that may be mistaken for flu.

When should I get vaccinated?

Children should get a flu shot every year in the fall. It is best to get the vaccine by the end of October or early November, before the flu begins spreading in your community.

Where can I get the flu shot?

Flu vaccines are offered in many doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and some schools. Visit www.vaccinefinder.org/find-vaccine to see where you can get the vaccine.

How else can I keep my child safe?

It is important for children to routinely visit a doctor and stay up-to-date with all immunizations, including DTaP and Td (Tetanus), MMR (measles, mumps), Varicella (chicken pox) and others.

For a summary of recommended child/teen immunizations, [click here](#).

