

How many flu vaccinations does my child need?

For previously vaccinated children, one vaccination is needed at the beginning of each flu season.

For children younger than 9 who have never been vaccinated, two vaccinations will be needed their first year. After that, they will need only one vaccination each flu season.

When is too late to get vaccinated?

October or November is the best time; however, flu vaccine given later in the flu season will still protect you against the flu.

Is the flu vaccine safe for my child?

Yes. Few children who receive the flu vaccine have problems. Children who have a severe allergy to eggs should not get the vaccine.

If you have questions or concerns, contact your child's health-care provider.

Where can I take my child to get vaccinated?

Check with your:

- Health-care provider.
- Local public health unit.

For more information about flu, visit

www.ndflu.com

FLU VACCINE ...

your best line of defense!

This message is brought to you by:

- North Dakota Department of Health
- North Dakota Department of Human Services — Aging Services Division
- North Dakota Department of Human Services — Medical Services Division
- North Dakota Public Health Association
- BlueCross BlueShield of North Dakota
- North Dakota Pharmacy Association
- AARP ND
- North Dakota Medical Association
- North Dakota Health Care Review, Inc.
- Greater Grand Forks Immunization Coalition

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Is Your Child at High Risk for Flu?

**Flu Facts for
Parents**



Does my child need to get flu vaccine?

All children ages 6 months through 18 years should get vaccinated, even if they are healthy.

Children of any age should get vaccinated especially if they have any of the following health conditions:

- Heart disease
- Lung diseases including asthma
- Chronic metabolic diseases, including diabetes
- Kidney dysfunctions
- Cancer
- Immunosuppression due to any of the following — HIV/AIDS and other diseases, certain medications and steroid use
- Long-term aspirin therapy
- Pregnancy
- History of seizures

Check with your child's health-care provider about all other illnesses or conditions.

Parents and caregivers should receive flu vaccine if their children are younger than 6 months and/or have a chronic health condition.

Remember ... The flu vaccine is safe for your child.

How does the flu affect my child?

Children are at substantially increased risk for influenza-related hospitalizations.

Influenza infection is most common in children. On average, in North Dakota, almost 60 percent of the reported influenza cases occur in children 18 and younger during each flu season.

The flu can cause severe illness in children. Every year in the United States about 60 influenza-related deaths occur in children younger than 18.

How can I protect my child from the flu?

The best prevention is **flu vaccine**. It is the safest and easiest method of protection.



Other simple ways to prevent spreading the flu include:

- Covering your mouth and nose when you cough or sneeze.
- Throwing tissues in the trash.
- Washing your hands often or using an alcohol hand rub.

Who should get flu vaccine?



Madelyn Weis, 21 months

"It's so easy to prevent the flu! To keep Madelyn healthy each winter, I make sure she gets her flu vaccine. Her health is my top concern." — Kim Weis, Bismarck, N.D.

How much does the vaccine cost?

The price of a flu vaccine will vary. For most children, insurance will cover the cost of flu vaccine.

The state provides vaccine to health-care providers free-of-charge for children who are medicaid eligible, Native Americans, uninsured and underinsured. Those without insurance should contact their local public health unit.

Remember ... your child can't get the flu from the flu vaccine!!