

## 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 years, some will need two vaccinations to be protected. Ask your child's health-care provider or local public health unit about how many vaccinations your child needs.

## When should my child get vaccinated?

As soon as vaccine becomes available, usually in October or November. However, flu vaccine given later in the flu season will still protect you against the flu.

## Where can I take my child to get vaccinated?

Check with your:

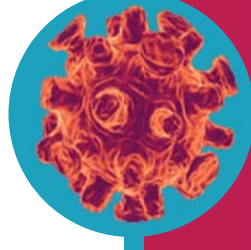
- Health-care provider.
- Local public health unit.
- Pharmacist (for children 5 and older).

For more information about flu, visit

[www.ndflu.com](http://www.ndflu.com)

**Remember ... the flu vaccine is safe for your child.**

# THE FLU & YOUR CHILD



## Facts for Parents

# FLU VACCINE

your best line  
of defense!



NORTH DAKOTA  
DEPARTMENT of HEALTH

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## What is the flu?

Influenza, also called the “flu,” is one of the most serious illnesses of the winter season. Symptoms include a high fever, headache, cough, sore throat, and body aches.

## How does the flu affect my child?

Influenza infection is most common in children. It can cause severe illness in children, leading them to be at increased risk for hospitalizations.

On average, almost 60 percent of the reported influenza cases in North Dakota occur in children 18 and younger during each flu season. 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 the **flu vaccine**. It is the safest and easiest method of protection.



Other ways to help prevent the flu from spreading are:

- Covering your mouth and nose when you cough or sneeze.
- Avoiding touching your nose and mouth.
- Washing your hands often or using an alcohol hand rub.
- Staying home when sick.

## Does my child need to get flu vaccine?

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

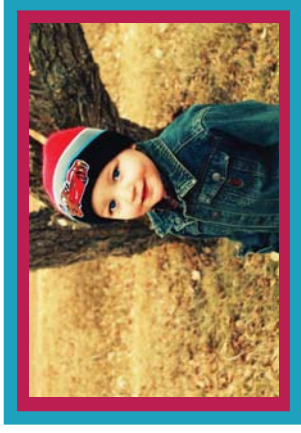
Children of any age should get vaccinated, especially if they have any of the following health conditions:

- 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 six months and/or have a chronic health condition.

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



*Mason Wagendorf, 2 years*

*“Keeping my son healthy each winter is my top priority. I make sure he gets his flu shot every year to keep him healthy and to protect him and his baby sister from getting the flu.”*

*— Julie Wagendorf, Bismarck, N.D.*

## Is the flu vaccine safe for my child?

Yes. With a vaccine, like any medicine, there is a chance of side effects. These are usually mild and go away on their own. Consult your child’s health-care provider prior to receiving flu vaccine if your child has a severe egg allergy.

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

## 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 American, uninsured and underinsured.