

Keep your kids safe. Get their seasonal flu shots every fall or winter.

# Seasonal Flu Guide for Parents

<b>Is seasonal flu more serious for kids?</b>	Infants and young children are at a greater risk for getting seriously ill from the flu. That's why the New York State Department of Health recommends that all children 6 months and older get the seasonal flu vaccine.
<b>Flu vaccine may save your child's life.</b>	Most people with seasonal flu are sick for about a week, and then they feel better. But, some people, especially young children, pregnant women, older people, and people with chronic health problems can get very sick. Some can even die. A flu vaccine is the best way to protect your child from seasonal flu.
<b>What is seasonal flu?</b>	The flu, or influenza, is a viral infection of the nose, throat, and lungs. The flu can spread from person to person.
<b>Flu shot or nasal-spray vaccine?</b>	<ul style="list-style-type: none"><li>• Flu shots can be given to children 6 months and older.</li><li>• A nasal-spray vaccine can be given to healthy children 2 years and older.</li><li>• Children younger than 8 years who have experienced wheezing in the past year – or any child with chronic health problems – should get the flu shot, not the nasal-spray vaccine.</li><li>• Children younger than 9 years old who get a vaccine for the first time need two doses.</li></ul>
<b>How else can I protect my child?</b>	<ul style="list-style-type: none"><li>• Get the seasonal flu vaccine for yourself.</li><li>• Encourage your child's close contacts to get seasonal flu vaccine, too. This is very important if your child is younger than 5 or if he or she has a chronic health problem such as asthma (breathing disease) or diabetes (high blood-sugar levels).</li><li>• Wash your hands often and cover your coughs and sneezes. This will prevent the spread of germs.</li><li>• Tell your children to:<ul style="list-style-type: none"><li>• Stay away from people who are sick.</li><li>• Clean their hands often.</li><li>• Keep their hands away from their face, and</li><li>• Cover coughs and sneezes to protect others. It's best to use a tissue and quickly throw it away. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.</li></ul></li></ul>
<b>What are signs of the flu?</b>	The flu comes on suddenly. Most people with the flu feel very tired and have a high fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. The cough can last two or more weeks.

