

PREVENTION MEASURES

- Frequently wash hands or use sanitizer.
- Cover your mouth when coughing.
- Don't touch face unless hands are washed.
- Avoid cigarette smoke exposure.
- Stay home from work or school if you have influenza.

WHAT IF THERE IS A SHORTAGE?

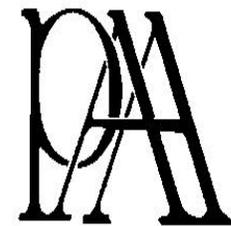
Shortages of influenza vaccine are beyond the control of physicians. If there is a shortage, we will follow national recommendations from the American Academy of Pediatrics for distributing the vaccine. High risk children and babies are given first priority. We cannot control whether we receive our entire allotment of vaccine, and cannot "save" vaccine for your child.

Flu information on the web:

www.cdc.gov/nip

www.aap.org

INFLUENZA VACCINE INFORMATION



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IMPORTANT INFLUENZA INFORMATION

PLEASE READ

SHOULD MY CHILD GET VACCINATED?

Influenza (“flu”) is a potentially serious disease caused by a virus that spreads from infected persons to the nose and throat of others. Influenza can cause fever, cough, sore throat, headache, chills & muscle aches. The flu vaccine can prevent influenza but is not 100% protection against the flu.

WHO SHOULD GET VACCINATED?

- The American Academy of Pediatrics recommends that ALL children between 6 months and 59 months of age be vaccinated. The flu vaccine is not approved for use for babies under 6 months of age.
- Household contacts and out-of-home caregivers of children from 0 – 59 months of age and “high risk” children should be immunized.
- High risk children 6 months and older with asthma, cardiac disease, immunosuppressive disorders, HIV, sickle cell

anemia, chronic renal dysfunction, diabetes or diseases requiring long term aspirin therapy.

- Anyone wishing to avoid the influenza disease may receive the vaccine.

TYPES OF VACCINE AVAILABLE

There are two types of vaccines available, injection (shot) and a nasal spray.

Flu Injection is an inactivated vaccine, given as a shot, and is the most common type of flu vaccine. Protection develops about 2 weeks after getting the shot and may last up to a year. You cannot get the flu from the flu shot.

Flu Mist is a live, weakened vaccine that is sprayed into the nostrils. Flu mist is available for healthy children 5 years of age and older, with no wheezing or reactive airway disease.

WHEN SHOULD MY CHILD GET THE VACCINE?

The best time to get a flu shot is in September, October or November. The flu season can peak anywhere from December through March, but most often it peaks in February. Getting the vaccine in December, or even later, can be beneficial in most years.

HOW MANY SHOTS WILL MY CHILD GET?

Most people need only one (1) flu shot each year to prevent influenza. Children under 9 years old getting the flu shot for the first time should get 2 doses. The doses should be given 30 days apart. If your child received flu vaccine in the past, then only one (1) dose is needed.

REACTIONS TO THE VACCINE

Look for any unusual condition, such as a high fever or behavior changes. Signs of a serious allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness.

Call a doctor or get your child to a doctor immediately if there is a reaction.

HOW DO I SCHEDULE A SHOT?

Call our office at 859-277-6102 to schedule an appointment for the flu vaccine. You may get your flu shot during a sick or well visit in September, October or November. *You do not need to see a physician to get the flu vaccine.* You may schedule an appointment with a nurse. If you want to have your child checked by a physician when getting the flu vaccine, you will have to schedule an appointment.

Call 277-6102
www.paalex.com