Childhood Vaccines
Caregiver Information
At Eisner Health, your child's health is our top priority.

What is the flu vaccine, and who needs it?

The flu vaccine protects against influenza.

- Influenza (the flu) is a disease that spreads around the world every year, usually between October and May. Flu is especially dangerous for infants and young children.
- Flu can cause a runny nose, sore throat, cough, headache, fatigue, muscle aches, fever, and chills. Some people may also have vomiting and diarrhea.
- Flu can bring on ear infections, sinus infections, bronchitis, and pneumonia.

Everyone 6 months and older should get the flu vaccine EVERY YEAR.

How does influenza spread?

The flu is spread from person to person. Influenza spreads mainly by droplets made when people with flu cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby or be inhaled into the lungs. Less often, a person might get the flu by touching a surface or object that has the flu virus on it and then touching their own mouth, nose, or possibly their eyes.

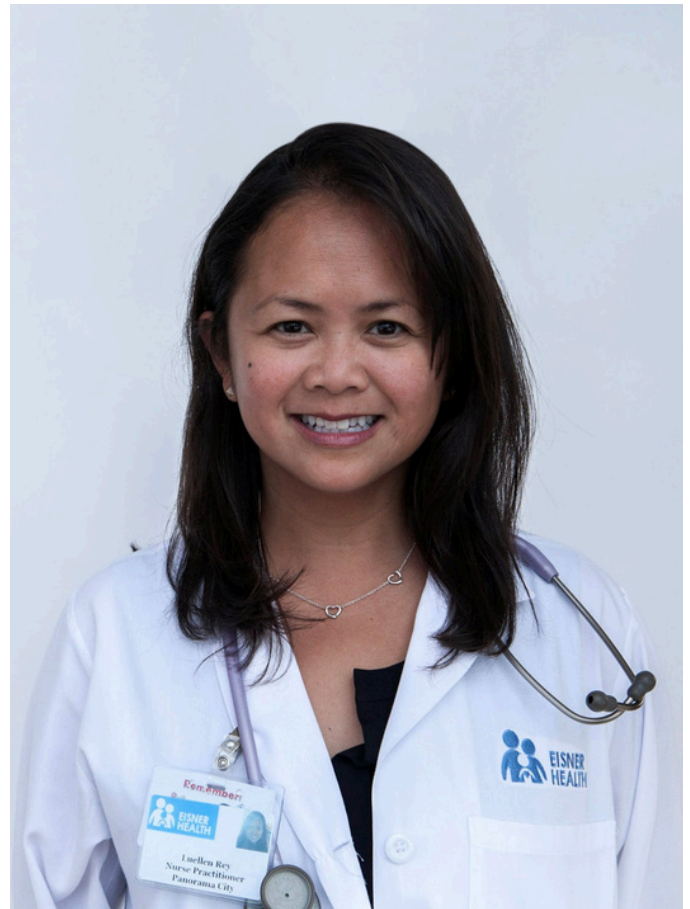## Does my baby need this vaccine? **YES**

- Thousands of people in the United States die from the flu each year. Many more are hospitalized. The flu vaccine prevents many more serious cases of flu from happening.
- In most recent data, more people died from the flu in California than in any other state.
- Each year, up to 1,200 children die from the flu alone in the United States.
- Children younger than 5 years old and especially children younger than 2 years old are more likely to end up in the hospital from flu.

The reason you don't typically see serious complications from the flu is because so many children are vaccinated against it.

Receiving vaccines is an important part of a child's health.

Vaccines give your child the antibodies they need to fight off serious diseases. As a parent or caregiver, we want you to feel confident about making the choice to protect your child.

Please talk with your provider if you have any questions about vaccinations.

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