



FLU FACTS



What are flu symptoms and how long do they last?

- Fever or chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headache, feeling tired
- Most people will recover in 3-13 days.
- Flu may cause vomiting, but not very often. It is not the same as “stomach flu.”

Is flu really so bad?

Each year in the U.S. flu leads to...

- Almost 20,000 children hospitalized
- 38 million missed school days
- Parents missing work when a child has the flu
- In some severe cases -- death. On average, about 100 children in the U.S. die each year because of flu.



Why should I have my child get a flu vaccine?

- Flu vaccine is the best way to prevent flu.
- It stops flu from spreading to others in your home and school.
- It is recommended for all children ages 6 months to 18 years old.

Who recommends flu vaccine for children?

- Doctors and nurses
- The New York State Department of Health and Monroe County Department of Public Health
- American Academy of Pediatrics
- American Academy of Family Physicians
- Centers for Disease Control and Prevention

Where can I get flu vaccine for my child?

- At the doctor's office
- At the school's flu vaccine day
- At the Monroe County Department of Public Health

What are the risks linked with receiving the flu vaccine?

- Fever (low grade), headache or muscle aches
- Soreness, redness, or swelling where the shot was given

References:

- <http://www.cdc.gov/FLU/protect/keyfacts.htm>
- <http://www.vaccineinformation.org/influenza>
- <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/The-Flu.aspx>
- <http://www.familiesfightingflu.org/resources/>

For more information please call the SKIPP team at: (585) 753-5150