

Why do we recommend the influenza vaccine?

The American Academic of Pediatric recommends all children 6 months or older get the flu vaccine each year. We know many parents have questions about flu vaccines. At Children's Wisconsin we are here to help you make the decision that is best for your family.

Where can I get my child vaccinated?

Today is a great day to receive your flu vaccine. Sometimes life gets in the way and it's hard to make time to get the vaccine. To make it easy for parents you can get the flu vaccine from Children's in different ways.

- **If you are at the Emergency department already and your child's provider has cleared them to go home, we offer flu vaccines before you leave.** We know that almost half the parents who want to get their child a flu vaccine later have a hard time. We can get one for your child today. **Do not come to the emergency room just to get a flu shot.**
- **If you can plan ahead, you can make an appointment to get a flu shot.** Flu shot appointments are available at many of our clinics. Our online scheduling is easy. Go to this webpage to find a time and place that works best. <https://childrenswi.org/medical-care/immunizations/flu/schedule-a-flu-shot>

Why get the flu vaccine?

A flu shot can keep your child from getting sick with the flu. Flu can be very dangerous for children. During the 2019-2020 flu season, over 250,000 children got so sick from the flu that they needed to stay in the hospital. Almost 200 children died from the flu that year. A flu shot takes just a few minutes.

Is it safe?

Yes, influenza (flu) shots are safe. The flu shot has been tested for over 30 years. The most common side effects are fever, sore arm, and rash. **You cannot get the flu from the flu shot.** The vaccine contains a dead version of the flu virus.

Can my child still get sick?

Flu vaccine is not perfect. Your child may still get the flu, but the flu shot will help kids from getting so sick that they need be in the hospital.

Is my child at high risk to get the flu?

Children under 2 years old and any child with chronic medical conditions such as asthma, diabetes, sickle cell disease, obesity, and other medical conditions are high risk for a serious complication like staying in the hospital or dying from the flu. Black and Hispanic children have higher rates of getting the flu, being in the hospital, or even dying from the flu compared to White children.

How many doses does my child need?

Many kids only need one shot. If this is the **first time your child under 8 years old has had the flu vaccine, your child will need a second dose one month after their first dose.** The second dose helps to build more and longer lasting ability to fight the flu.

How does the flu vaccine impact my community?

Getting the flu shot helps protect your community, young children, older people, and your family.

For more health and wellness information check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.

