

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Pediatric Nurses are also available to help at any time—

Pediatric Care
Center Nurse Line
206-598-3030

For More Information

To learn more about flu shots and other immunizations, visit this Web site created for parents by the Seattle King County Health Department:

<http://www.metrokc.gov/health/immunization/childimmunity.htm>

Their site gives this general information about influenza:

“Influenza is a contagious viral disease that may cause a sudden onset of fever, chills, muscle aches, cough, sore throat, headache, and may lead to severe pneumonia. Flu is spread through sneezing, coughing, or direct contact with the infected individual. Children and family members with certain long-term health problems such as asthma or diabetes are especially at risk for serious complications from the flu.”



Influenza

The flu and kids

Summer is over, and with fall weather on the way it's time for kids to start school routines. Also, it is time to prepare for keeping kids healthy throughout the fall and winter months.

Avoiding the “flu” may be as easy as a quick trip to your doctor's office for a flu shot.

The symptoms of flu are sudden onset of fever, muscle aches, sore throat, and dry cough. Flu causes severe malaise that can go on for days. Flu is a respiratory infection that does NOT involve vomiting or diarrhea.

Who should get a flu shot?

- All children from the age of 6 months on upward.
- Especially people with asthma, heart disease, diabetes or other on-going illness conditions.

Who should NOT get a flu shot?

- Any person who has had a severe allergic reaction to eggs.
- Any person who has an acute illness with a fever.
- Any person whose doctor tells them not to have one.

Common Side Effects

Soreness at the site of injection, which lasts up to 2 days; fever, fatigue, or headache may occur 6 to 12 hours after the shot, lasting 1 to 2 days.

When to Get the Flu Shot

Flu shots are given starting at the end of October and November.

Children may have flu shots at the same time they receive routine immunizations. If your child develops a fever after receiving the flu shot, give pediatric acetaminophen (such as children’s Tylenol) in the dosage that is right for your child’s current weight.

Children getting a flu shot for the first time will need to get 2 doses, one month apart. This is just for children between 6 months and 9 years old who are getting their “first ever” flu shot. For the best protection, their second dose should be given before December.

Antibiotics are not effective in treating a viral illness such as the flu. If a secondary infection occurs, such as a bacterial bronchitis or pneumonia, antibiotics are useful in treating these infections. See your doctor to confirm when antibiotics are needed.