

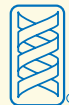
Kids Need

Flu Vaccine, Too!

*Protect your child, yourself and others from influenza with annual vaccination*



Childhood Influenza  
Immunization Coalition  
The Power of One Strong Voice



National  
Foundation for  
Infectious  
Diseases

[www.PreventChildhoodInfluenza.org](http://www.PreventChildhoodInfluenza.org)

*Each year, millions of people get influenza – many of them children. But you can help protect your child, yourself and others against influenza with annual vaccination.*

*Some people mistakenly think that the influenza vaccine is not important and that influenza, or what is often called “the flu,” is not very serious. That is not true! Each year, many people in the United States – including children – are hospitalized and some even die due to influenza and its complications.*

*Each year, influenza causes more than 20,000 hospitalizations and nearly 100 deaths in American children younger than 5 years of age.*



## What You Need to Know

### What is influenza?

Influenza is a viral infection of the nose, throat and lungs that is easily spread from person to person through coughing or sneezing of people with influenza. Sometimes people can become infected by touching something with influenza viruses on it and then touching their mouth or nose. It can lead to serious complications, hospitalization and death.

Influenza comes on very suddenly and usually includes high fever, aches, chills, headache, cough, sore throat, and a stuffy or blocked nose. Children may have additional symptoms such as ear aches, nausea and vomiting.

**Only approximately one out of every five children 6 to 23 months of age was fully immunized against influenza during the 2006–2007 season.**

### Who should be vaccinated against influenza?

- Anyone who wants to reduce the risk of becoming ill with influenza or of giving influenza to others
- All children from 6 months through 18 years of age
- Anyone 6 months of age and older with certain medical conditions (e.g., diabetes, asthma, heart disease, compromised immune system)
- People who live with, care for or come into close contact with persons at risk, including children younger than 6 months of age and individuals with chronic medical conditions or compromised immunity

**Influenza-related hospitalization rates in infants and toddlers are comparable or higher than the rates of any other group, including the elderly.**

For a complete list of who should be vaccinated, please visit [www.PreventChildhoodInfluenza.org](http://www.PreventChildhoodInfluenza.org).

## How do I learn more about influenza vaccination?

*For more information about the National Foundation for Infectious Diseases' (NFID) Childhood Influenza Immunization Coalition (CIIC) or influenza, please visit:*

[www.PreventChildhoodInfluenza.org](http://www.PreventChildhoodInfluenza.org)

## Why should my child and I be vaccinated against influenza?

Annual vaccination is safe and effective and the best way to protect anyone from getting sick with influenza. Even though anyone can get influenza, rates of infection are highest among children. Children are two-to-three times more likely to develop influenza than adults because of their less-developed immune systems. Children are also very good spreaders of influenza virus, so widespread vaccination of children may also lead to noticeable reductions in influenza cases in other groups, such as the elderly.

## When should my child and I be vaccinated against influenza?

The best time to be vaccinated is as soon as vaccine is available in your community, since it will protect you from influenza for the entire season. But immunization anytime throughout the fall and winter will protect you, since influenza activity does not peak until February or later in most years. In the United States, the influenza season may start as early as October and end as late as May. Vaccination is beneficial even after influenza has been documented in your community.

## Where can my child and I be vaccinated against influenza?

There are many opportunities to get vaccinated against influenza, including when you or your child visit a health care professional for "sick visits" or "well visits." Contact your health care professional to request the influenza vaccine for your child, yourself and other household contacts. In addition, local hospitals, health clinics, retail stores and even some employers offer influenza vaccination clinics.

**To find an influenza vaccination clinic, visit <http://flucliniclocator.org> or <http://www.aafa.org/flu.cfm>.**



## Making Annual Influenza Vaccination a Family Priority

*Annual influenza vaccination is the best way to protect against influenza and its potentially serious complications. For most individuals, there is no excuse for not getting vaccinated.\**



### Common Misconceptions Getting the Facts

I don't have time.	One vaccination is all that is needed to protect against influenza each year.** Try to schedule vaccination during a check up or other doctor appointment, or find a conveniently located vaccination clinic at <a href="http://flucliniclocator.org">http://flucliniclocator.org</a> or <a href="http://www.aafa.org/flu.cfm">http://www.aafa.org/flu.cfm</a> .
I/my child got vaccinated last year.	Since the influenza virus usually changes each season, the vaccine changes too in order to provide the best protection. Last year's vaccination will not protect you or your child this year.
It's too late in the season to get vaccinated.	Since the influenza season usually peaks around February, getting immunized throughout the fall and winter is beneficial, even after influenza has begun to circulate in a community.
My child is too young to get vaccinated.	Infants younger than 6 months of age are too young to get vaccinated. But beginning at 6 months of age, it is very important for infants to be vaccinated because they are vulnerable to severe complications – even death – from influenza. If you come in close contact with an infant younger than 6 months of age, you should get vaccinated to prevent passing the influenza virus to the infant.
I don't have children.	You can protect any infants, children or adolescents that you are in close contact with by getting vaccinated against influenza. The influenza virus spreads very easily from person to person, so getting vaccinated means increased protection for yourself and those around you.
I don't want to get sick from the influenza vaccination.	Although some people experience mild fever and fatigue following immunization, this is not influenza! These symptoms are minor and go away quickly.

\* Individuals who have had a severe reaction (e.g., anaphylaxis) to eggs or egg proteins, a previous influenza vaccine-associated allergic reaction or who have developed Guillain-Barré syndrome (GBS) within six weeks of getting an influenza vaccine previously, should avoid immunization.

\*\* Children younger than 9 years of age who are receiving influenza vaccination for the first time require two vaccine doses, at least one month apart.

## Coalition Members

Allergy & Asthma Network  
Mothers of Asthmatics  
American Academy of Pediatrics  
American Academy of Physician Assistants  
American College of Cardiology  
American College of Obstetricians and Gynecologists  
American Lung Association  
American Medical Association  
American Pharmacists Association  
American Public Health Association  
Asian and Pacific Islander American Health Forum  
Association of State and Territorial Health Officials  
Asthma and Allergy Foundation of America  
Canyon Ranch Institute  
Center for Vaccine Awareness and Research at the Texas Children's Hospital  
Centers for Disease Control and Prevention  
Every Child by Two  
Families Fighting Flu, Inc.  
Immune Deficiency Foundation  
Immunization Action Coalition  
Kaiser Permanente-Northern California  
National Association for the Education of Young Children  
National Association of Community Health Centers  
National Association of Pediatric Nurse Practitioners  
National Association of School Nurses  
National Foundation for Infectious Diseases  
National Hispanic Medical Association  
National Medical Association  
Parents of Kids with Infectious Diseases  
Society for Adolescent Medicine  
Vaccine Education Center at the Children's Hospital of Philadelphia



## The Childhood Influenza Immunization Coalition The Power of One Strong Voice

The *Childhood Influenza Immunization Coalition (CIIC)* was established by the National Foundation for Infectious Diseases (NFID) to protect infants, children and adolescents from influenza by communicating with "one strong voice" the need to make influenza immunization a national health priority. *CIIC* seeks to address and improve the alarmingly low influenza immunization rates among children.

The *Coalition* is made up of more than 25 of the nation's leading public health, medical, patient and parent groups committed to protecting children's health and encouraging wellness.

Founded in 1973, NFID is a non-profit organization dedicated to educating the public and health care professionals about the causes, treatment and prevention of infectious diseases.

*CIIC* Web site: [www.PreventChildhoodInfluenza.org](http://www.PreventChildhoodInfluenza.org)  
E-mail: [CIIC@nfid.org](mailto:CIIC@nfid.org)  
NFID Web site: [www.nfid.org](http://www.nfid.org)

Updated in October 2008



Childhood Influenza  
Immunization Coalition  
The Power of One Strong Voice

