

# Flu Prevention

With the arrival of flu season, it is more important than ever to have a plan to protect yourself and your loved ones from the highly contagious virus. We answered commonly asked questions about the flu and how it affects children.

## How is the flu different from the common cold?

The **common cold** is an upper respiratory infection, and symptoms include congestion, sneezing, and sore throat. Most of the time, there is no fever. A cold is gone in two to four days; if the illness lasts longer, it is most likely an infection.

**Flu symptoms** are systemic, including upper respiratory symptoms such as headaches, body aches, a high fever, and GI issues. The flu lasts for five to seven days.

## How does the flu present in children, and what are the signs that medical attention is needed?

Flu symptoms include a high fever lasting longer than a week, difficulty breathing, retractions in the chest, and fatigue. If a child is experiencing these symptoms, they should be seen by a healthcare provider.

## How old must my child be to receive their first flu vaccine?

A child must be six months or older to receive a flu vaccine.

## Are there any side effects to getting the vaccine?

Possible side effects from the flu vaccine include pain and redness at the injection site and a low-grade fever. The newer a person is to the vaccine, the more likely they are to experience mild symptoms.

## How can I help stop the flu from spreading?

You can prevent the flu from worsening by washing your hands frequently, wearing a mask, getting vaccinated, and staying away from people who are sick as best as you can.

## What are the main things parents need to know during flu season?

**Get smart** - Educate yourself and your loved ones about the flu and the best ways to stay healthy during flu season.

**Get protected** - Get the flu vaccine and practice habits like washing your hands or wearing a mask to prevent contracting the virus.

**Get help** - Know the proper time to seek medical attention when you or your loved one exhibits flu-like symptoms.



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# PARENTAL GUIDANCE

## FLU PREVENTION TIP SHEET

