Help Protect Yourself and Your Family From The Flu

Every year, healthy children and adults get sick from the flu and have to go to the doctor or the hospital. Here is some important information about influenza, also called “the flu,” to help parents like yourself protect your family from this serious respiratory illness.

Did You Know?

- The flu is a potentially serious contagious disease that can cause illness, hospitalization, and sometimes death.
- Children 2 to 17 years old are nearly 2 to 3 times more likely to be infected with the flu than adults.¹
- School-age children are the main spreaders of the flu virus to other children, adults, and older people.²
- More than 200,000 people in the United States are hospitalized each year because of the flu.³
- Children younger than 5 years old had similar hospitalization rates from the flu as people 50–64 years of age.³
- The flu is an infection of the nose, throat, and lungs caused by influenza viruses.

The flu is not a cold.4
Sometimes the flu is confused with a cold, because they have similar symptoms. But, in general, the flu is worse than the common cold. These symptoms are more common and intense with the flu:
- Fever
- Body aches
- Tiredness
- Dry cough

How does the flu spread?5
When people with the flu cough, sneeze, or talk, the virus spreads, mainly by droplets from the nose and mouth that land on or are inhaled by anyone nearby. You can also get the flu if you touch a surface with the flu virus on it, like a door or railing, and then touch your nose, mouth, or eyes.

The best way to prevent the flu is to get vaccinated.5
The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older should get the flu vaccine every year. To protect yourself and your children against the flu, make sure that everyone in the family gets their flu vaccine.

Who should get vaccinated?5
Everyone 6 months and older should get the flu vaccine each season. But, some people are at higher risk for serious complications from the flu:
- Children younger than 5, especially children younger than 2 (but older than 6 months)
- Older people, adults 65 and older
- Pregnant women
- People with long-term health conditions, such as asthma, diabetes, and heart disease

Other ways to help protect your family against the flu.6
Yearly vaccination is the best way to prevent the flu. But, the CDC offers these everyday tips to stop the spread of germs:
- Cover your mouth and nose with a tissue when you sneeze and then throw the tissue away after you use it.
- Stay away from sick people and try to keep anyone in your house who is sick in a separate room, if you can.
- Wash hands often with soap and water.
- Avoid touching your eyes, nose, and mouth.
- Wipe down surfaces in the bathroom and kitchen and wash your children’s toys with a household disinfectant.7

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FOR MORE INFORMATION ON THE FLU, VISIT WWW.CDC.GOV/FLU/

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