The best reason to get a flu shot.

My child’s flu vaccine appointment is on (date & time):

Additional resources

• The Boston Public Health Commission Flu Information Center
  http://bit.ly/2ujJONo

• The Massachusetts Department of Public Health

• The Centers for Disease Control and Prevention
  cdc.gov/flu/

• The American Academy of Pediatric Parenting Website
  http://bit.ly/1T1pZSv

Developed by:

Boston Children’s Hospital
Until every child is well®
Much more serious than the common cold, the flu can lead to hospitalization and even death.

Flu symptoms last about 7-10 days, causing kids to miss school and caregivers to miss work.

The flu vaccine is the most effective way to prevent the flu and it can reduce the severity and length of your illness if you do get sick.

Young children and those with a chronic disease like asthma or diabetes are at much greater risk of complications if they get the flu.

Did you know?
Children with the flu risk spreading it to family and friends, especially those who are not vaccinated. This includes babies under 6 months who are too young to receive the flu shot.

Flu vaccines are made from killed or weakened viruses and can’t give you the flu.

Possible side effects include soreness, redness or swelling at the site of the injection, a low fever, and/or headaches. These symptoms are usually mild and don’t last long.

Children with an egg allergy can still get the flu vaccine. If you have questions or concerns, ask your doctor.