What to know about the flu

Children under the age of 5 are more likely to be hospitalized from influenza (flu) complications than those in other age groups. Annual flu vaccines are the best way to protect your child and family from the flu.

**Prevention**
- Get vaccinated (most effective)
- Use foam hand sanitizer
- Wash your hands
- Cover your coughs

**Benefits of vaccination**
- Reduces risk of contracting the flu
- Reduces risk of flu-associated hospitalization
- If you do get sick, the vaccine will reduce illness severity
- Protects people around you who are vulnerable to serious illness

**Flu symptoms**
While influenza and the common cold are both caused by respiratory viruses, flu symptoms are significantly more severe, and often include:
- high fevers (over 102°F)
- body aches
- sore throat
- vomiting
- diarrhea

**Children with the flu should wait at least 24 hours after their fevers resolve before returning to school.**

**Every year, approximately 20,000 children under 5 are hospitalized due to complications caused by the flu.**

**When to vaccinate**
Flu season runs between late October and March. Children should receive the flu vaccine as soon as it becomes available as it takes about two weeks to develop flu-fighting antibodies. Your pediatrician or a local clinic/pharmacy can provide vaccination services.