

For Families: Prevent the Spread of Influenza in Children

The American Academy of Pediatrics (AAP) and the Centers for Disease Control and Prevention (CDC) encourage families to protect all children by taking steps to prevent the spread of influenza (flu). The flu is a serious disease that results in many doctor visits, hospitalizations, and deaths in children each year.

Take these steps TODAY!

Get Your Flu Vaccine



- A) Influenza immunization is safe and the best strategy to reduce infection and spread of influenza. During a recent flu season, vaccination prevented 1.9 million influenza-associated illnesses.
- B) The vaccine is recommended for all people 6 months of age and older.
- C) The vaccination of family members and all others who care for young children (especially babies who cannot yet be vaccinated) is critical.
- D) The vaccine is safe for pregnant women and also protects the baby. During a recent flu season, only about half of pregnant women in the US protected themselves and their babies by getting a flu shot during pregnancy.

Stop the Spread of Germs



- A) Cover your nose and mouth with a tissue or cough or sneeze into your elbow.
- B) Wash your hands often with soap and water. For children older than 24 months old, closely supervised use of an alcohol-based hand sanitizer is an acceptable substitute to hand washing with soap and running water when there is no visible soil.
- C) Avoid close contact with sick people.
- D) If your child has respiratory symptoms (cough, runny nose, or sore throat) and fever, keep them home so they do not spread influenza to their friends in child care or schools.

Encourage your Child Care Program to:



- A) Complete the free AAP/CDC online course "Influenza Prevention and Control: Strategies for Early Education and Child Care".
- B) Distribute a customizable letter to parents about influenza prevention and control practices in the program.
- C) Examine and revise the program's written plan for seasonal flu.
- D) Review the "Influenza Prevention and Control: Strategies for Early Education and Child Care Programs" handout in English or Spanish.

Review Important Resources

- AAP Preventing the Flu: Resources for Parents and Child Care Providers
- Influenza Prevention and Control: Strategies for Early Education and Child Care Programs
- What's the Latest with the Flu: A Message for Caregivers & Teachers

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™