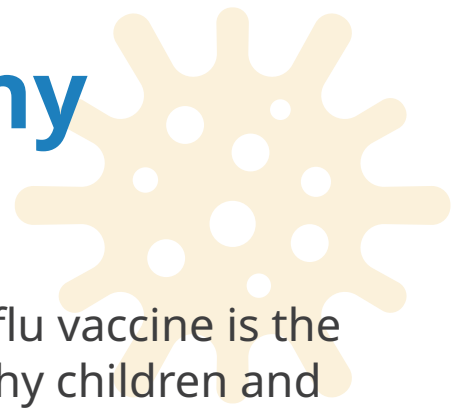


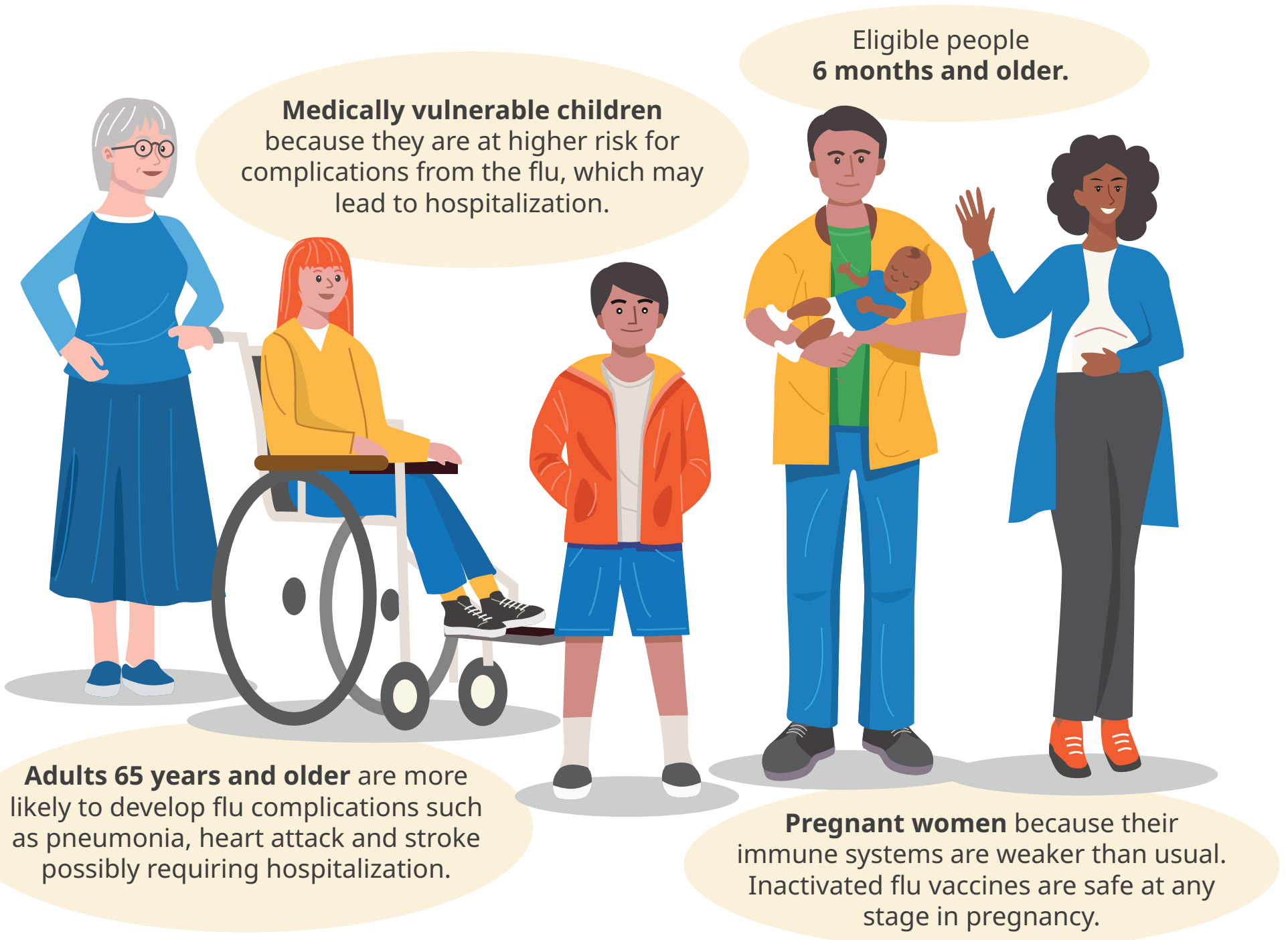
Keep Your Family Healthy During Flu Season!



The flu is not just a bad cold - it is a serious infectious disease. A flu vaccine is the best way to protect children, families and the community. Even healthy children and adults can get the flu. Most people recover from the flu, but some develop serious complications such as sinus and ear infections, pneumonia, dehydration, brain swelling, and heart swelling.

Who should get the flu vaccine?

NAPNAP endorses the AAP Child and Adolescent Immunization Schedule which recommends a flu vaccine for eligible people 6 months and older.



Treating Flu Symptoms

- Hydrate and rest
- Get tested the first day or two you feel sick
- Talk to your pediatric provider about antiviral medications, which work best when taken within two days after symptoms start.

Staying Healthy

- Get a flu vaccine every year
- Avoid contact with sick people
- Wash your hands frequently
- Cover your nose and mouth when coughing or sneezing
- Stay home when sick

Possible minor side effects, lasting 1-2 days:

- soreness, redness, or tenderness at injection site
 - headache
 - low grade fever
 - muscle aches
- Getting the flu is much worse and lasts longer than possible side effects from the vaccine.

Your child's pediatric provider is your trusted partner. Their advanced education and training in caring for infants, children and adolescents, combined with their knowledge of your child, helps ensure you're making the best decisions together.

The flu vaccine does not cause the flu!



National Association of Pediatric Nurse PractitionersSM