



EACH YEAR IN THE U.S., MORE THAN

20,000 CHILDREN

UNDER THE AGE OF 5 ARE HOSPITALIZED

AND APPROXIMATELY

100

DIE AS A RESULT OF THE FLU.

INFLUENZA (FLU)

Seasonal influenza (flu) is caused by viruses which infect the respiratory tract (the nose, throat and lungs). It is not the same as the common cold or the stomach “flu” viruses that cause diarrhea and vomiting.

The flu season is unpredictable, but it often occurs from October to May and usually peaks in January or February.

Serious complications of flu can result in hospitalization or death, even in healthy children. Children are at particularly high risk if they are less than 5 years of age or have chronic health conditions.

SYMPTOMS

Common signs and symptoms of the flu include:

- Fever over 100°F (38°C)
- Severe respiratory distress
- Aching muscles, especially in the back, arms and legs
- Chills and sweats
- Headache
- Dry cough
- Fatigue and weakness
- Nasal congestion

PREVENTION

The best way to prevent the flu is to get the flu vaccine. An annual flu vaccine is recommended for everyone 6 months of age and older. There are two kinds of vaccine – the shot and the nasal spray. Talk to your healthcare provider to find out which type of vaccine is best for each member of your family.

Adults, particularly pregnant women, also need to be vaccinated against the flu every year. Vaccination during pregnancy protects both mothers and babies. Learn more about the importance of flu vaccination for the entire family at [Flu.gov](https://www.flu.gov).

To see if your children are up-to-date on their vaccines, look at the [CDC’s immunization schedule](https://www.cdc.gov/immunization/schedule) and talk to your healthcare provider.