

# The Flu

## A guide for parents

### How can I protect my child from the flu?

A flu vaccine is the best way to protect against the flu. The CDC recommends all children 6 months through 18 years of age get a flu vaccine (children under 9 getting the vaccine for the first time will need two doses).

- Flu shots can be given to children 6 months and older
- A nasal-spray vaccine can be given to healthy children 2 years and older with no medical conditions.
- You can protect your child by getting a flu vaccine yourself. Also encourage your child's close contacts to get a flu vaccine. This is very important if your child is younger than 5 or has a chronic health problem like asthma or diabetes.
- Wash your hands often and cover coughs and sneezes.

### What are the symptoms of the flu?

Most people with the flu feel tired and have a fever (usually high), headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. Cough can last two or more weeks.

### What if my child is very sick?

Call or take your child to the doctor right away if your child:

- has a high fever or fever lasting a long time
- has trouble breathing or breathes fast
- has skin which looks blue
- is not drinking enough
- seems confused, will not wake up, does not want to be held, or has seizures
- gets better but then worse again
- has other conditions (ex. Lung disease) which gets worse

### Can my child go to school if he or she is sick?

No. Your child should stay home and rest to avoid giving the flu to other children. Your child should stay home until their temperature has been normal for 24 hours.

**Walk-in Flu Shot Clinics are scheduled at the Upper Missouri District Health Unit conference room on:**

**Monday, Oct. 20      7:30 a.m. – 5:30 p.m.**

**Friday, Oct. 24      7:30 a.m. – 5:30 p.m.**

**Monday, Oct. 27      7:30 a.m. – 5:30 p.m.**

**Friday, Oct 31      7:30 a.m. – 5:30 p.m.**

**Flu-Mist will also be available for healthy individuals ages 2 to 49. Flu-Mist is a vaccine administered as a spray in each nostril.**

**Cost for a flu shot is approximately \$30.00, payable at the time of service. For adults we will be able to bill Blue Cross Blue Shield of North Dakota, Medicare and Medicaid, please remember to bring your card. Children 18 years and younger we will bill all insurance and our Vaccine for Children program will cover the costs for those uninsured or underinsured.**

**UMDHU is located at 110 W Broadway, Suite 101. For more information call 774-6400.**