

# Reasons to Get Your Child a Flu Shot

Our practice recommends an annual flu vaccine for everyone aged 6 months and older who is eligible. Why?

## Children are major spreaders of the flu.

Kids have the highest flu infection rates, with **20% to 30% getting the flu each year**. They may spread the flu for a longer period of time than infected adults do. Getting children vaccinated will help protect any younger siblings they may have who are too young to get a flu vaccine (under 6 months old).

## Flu vaccines have been proven to prevent the flu.

Each year, flu vaccination prevents millions of flu-related illnesses and doctor's visits.

When there is a good match between flu vaccines and circulating flu viruses, flu vaccination has reduced the risk having to visit a doctor for the flu by

**40% to 60%.**

## Flu vaccines are well tolerated.

Since 1945, **hundreds of millions of people in the United States have been vaccinated safely for the flu**. The flu vaccine may cause side effects, like any medicine. If someone has side effects from the flu vaccine, they're usually mild and generally go away on their own after a few days.

## Healthy children can get the flu.

Anyone can get the flu, including healthy people. However, certain people are at higher risk of getting seriously sick from it. These include babies who are younger than 6 months old and too young to get a flu vaccine.

## Flu vaccines can save children's lives.

In previous flu seasons, **about 80%** of children who died from the flu were unvaccinated.

A 2017 study showed that flu vaccines prevented death by up to

**65%**  
in healthy kids

**51%**  
in children with higher risk  
medical conditions.

A 2022 study showed that getting a flu vaccine reduced children's risk of severe life-threatening flu by

**75%**



The flu vaccine is the best way to prevent your child from getting the flu, or from getting seriously sick due to the flu. Taking the time to get your child an annual flu vaccine is worth it. **Make sure you schedule your child's flu shot before the start of each flu season.**

**Protect your kids from the flu.**

**Talk to your doctor about getting your children a flu shot.**