

Flu and children:

A guide for parents



To find a doctor or
schedule an
appointment:

Enrollee Services:
(888) 404-3549

Transportation:
(866) 201-9974

Monday-Friday:
8:00 a.m.- 5:30 p.m.

Why children should get a flu shot

Getting a flu shot every year is the best way to protect children from getting sick from the flu. The flu virus changes often, so the shot is updated each year to better protect against it.

Even healthy kids who are 5 years old and up can catch the flu and spread it to others—like babies under 6 months, older adults, or people with health problems like asthma or diabetes.

Children younger than 5 years old, (especially under 2) and children with certain health issues can get very sick from the flu. That's why it's super important for them to get a flu shot every year. It helps keep them safe and lowers the chance of going to the hospital.

Everyone who is 6 months or older should get a flu shot every year to help protect themselves and others.

Flu symptoms in children

- Fever that comes on fast
- Cough
- Sore throat
- Muscle aches
- Headache



How to Stay Healthy

- Wash hands often with soap and water for 20 seconds
- Cough or sneeze into your elbow or a tissue—not your hands
- Throw away tissues right after using them
- Don't touch your face (germs can get in through your eyes, nose, or mouth)
- Stay away from sick people

What to Do If Your Child Gets Sick

- Keep them home from school and other places with lots of people
- Make sure they rest and drink plenty of fluids
- Ask your doctor about medicine to help with fever or pain
- They can go back to school when they feel better and have no fever for at least 24 hours

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For more information about events, programs and classes:
medstarfamilychoicedc.com/enrollees/events-and-outreach-programs