Is flu vaccine recommended for children in daycare and preschool?

Yes. The Centers for Disease Control and Prevention (CDC) and the Michigan Department of Health and Human Services (MDHHS) recommend that all children 6 months of age and older receive flu vaccine every year to help them stay healthy.

**DID YOU KNOW?** The flu vaccine is the best defense against the flu and the best way to protect children and adults from getting the flu.

How can children and staff be protected from the flu?

You can protect children and staff by getting a flu vaccine and encouraging others in contact with children to get vaccinated—parents, teachers, siblings, and other support staff. Getting vaccinated is especially important for those who take care of infants less than 6 months of age because these babies are too young to get flu vaccine.

What is influenza or “the flu”? 

The flu is an infection of the nose, throat, and lungs that is caused by flu viruses. There are many different flu viruses that can make people sick. The flu spreads easily through coughing and sneezing. Many people get the flu every year. Some people can get very sick, and some even die.

What are the symptoms of the flu?

People who have the flu often get sick very fast with a high fever, headache, muscle aches, dry cough, and sore throat. Some people who have the flu have NO symptoms at all, but they can still spread the flu to others.

What kinds of flu vaccine can children get?

Children can get the flu shot. The nasal spray flu vaccine was not recommended for the 2016-2017 flu season because it did not do a good job of protecting against the flu in previous seasons, in comparison to the flu shot.

**DID YOU KNOW?** The decision to no longer use FluMist® is an example of using science to improve the public’s health.

Are flu vaccines safe?

Yes, flu vaccines are safe and can be given with other vaccines. It is safer to get flu vaccine than it is to get the flu. Most children and adults have little or no problem after getting the flu vaccine.

**DID YOU KNOW?** Flu vaccines change from year to year, so children and adults need to get a flu vaccine every year. Some children may need two doses of flu vaccine.

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The Advisory Committee on Immunization Practices makes the recommendations for who should receive the flu vaccine each year. Visit [www.cdc.gov/flu](http://www.cdc.gov/flu) for more information. Updated February 28, 2017.