

# INFLUENZA: Information for Daycares on Influenza and Vaccines



Updated March 2019

## 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** way to protect children and adults from getting the flu. It also protects against complications if you do get the flu.

## How can children and staff be protected from the flu?

You can protect children and staff by getting your 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 themselves.

➔ **DID YOU KNOW?** To protect babies younger than 6 months from flu, women should get flu vaccine while they are pregnant.

## What is influenza or “the flu”?

The flu is a potentially-severe 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 by 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?

Both the flu shot and nasal spray flu vaccine will be available for healthy children aged 2 years and older. Young children aged 6 through 23 months can only get the flu shot.

➔ **DID YOU KNOW?** The decision to once again recommend FluMist® is an example of using science and data to help 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 a 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 new flu vaccine every year. Some children need two doses of flu vaccine in one season.

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