

# FLU VACCINE

We at Piedmont Pediatrics follow the guidelines of the Centers for Disease Control (CDC) and the American Academy of Pediatrics (AAP) in regards to the influenza vaccine. It is recommended that every child 6 months of age and older get the flu vaccine. It is especially important for any child who is “high risk” for the flu to receive the vaccine: i.e. children with cardiovascular disease, respiratory disorders (asthma or reactive airways disease), or metabolic disorders. All household contacts of high-risk children or infants less than 6 months of age are also encouraged to get a flu vaccine.

If your child is under 9 years of age and has not received the flu vaccine in the past, he must receive two doses of the vaccine. If your child is under 9 years of age and has not received 2 or more total doses of the flu vaccine in the past, he should receive two doses. All other children only need one flu vaccine this year. The minimal interval between two injectable or intranasal vaccinations is 4 weeks.

If your child is ill or has a fever, he should not receive the flu vaccine that day. The flu vaccine may be safely given with other vaccines at your child’s well-child visit.

You cannot get the flu or flu-like symptoms from the flu shot; it is an inactivated vaccine. However, some patients may get a fever after receiving the shot.

Moms who are pregnant or breastfeeding MAY receive the flu vaccine from their obstetrician. Any child whose mom will deliver another baby before March 1st should receive a flu vaccine.

It is also important to note that we buy the injectable flu shot in multi-dose vials which contains a trace amount of thimerosal. We at Piedmont Pediatrics do not believe there is any harm in this and recommend it without hesitation.

We will be receiving a limited number of Flumist vaccine this year. Flumist is a live intranasal vaccine that may only be given to children over 2 years of age without other medical problems. Patients with asthma or history of wheezing episodes MAY NOT receive Flumist.

## FLU VACCINE CLINICS

**We will be advertising Flu Vaccine Clinics on our website. We will also post any information about shortages for the vaccines, although we do not anticipate any problems with the supply this year.**