



## What is influenza?

Influenza (the flu) is NOT the “common cold” or the “stomach flu.” It is a respiratory disease that spreads easily by coughing and sneezing. Influenza causes high fever, coughing, head and body aches and can lead to serious complications.

More than 20,000 children under age 5 are hospitalized due to the seasonal flu every year in the United States.

It is time to take this virus seriously. About 75 childhood deaths are linked to seasonal influenza each flu season in the U.S.

### Recommendations:

In general, anyone who wants to reduce their chances of getting the seasonal flu should be immunized. It is strongly recommended that all kids, 6 months up to their 19th birthday, be immunized each year against the flu.

Ask your doctor about a shot-free alternative to prevent the flu.

## Prevent the spread of influenza by teaching your kids to:

- Get immunized against the flu every year.
- Wash their hands often (use hand sanitizer if soap and water aren't available).
- Stay home and not go to childcare or school when they are sick.
- Cough or sneeze into their sleeve/elbow – not into their hands when a tissue is not handy.
- Cover their nose and mouth when sneezing, coughing, or blowing their nose.
- Promptly dispose of used tissues.
- Not share food, utensils, or beverages with others.
- Avoid close contact with sick people.
- Always follow doctor's instructions and take medicine as prescribed.

You can protect your kids from influenza by getting them immunized.



Spokane Regional Health District  
[www.protectyours.org](http://www.protectyours.org)  
or talk to your doctor to learn more

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Protect Your Kids

## Make an informed decision: Know the facts!

Spokane Regional Health District  
[www.protectyours.org](http://www.protectyours.org)

Washington State Department of Health  
[www.doh.wa.gov/cfh/Immunize](http://www.doh.wa.gov/cfh/Immunize)

Immunization Action Coalition  
[www.immunize.org](http://www.immunize.org)

Centers for Disease Control & Prevention (CDC)  
<http://cdc.gov/flu/>

Is your child protected?



Protect  
Yours

Seasonal flu is much  
more than just a  
"common cold."



Spokane Regional Health District  
1101 West College Avenue  
Spokane, WA 99201-2095  
(509) 324-1480 TDD (509) 324-1464

Always working for a safer and healthier community

