



Flu Vaccine

Why should my kids get a flu shot?

- Your providers at Pediatric Services recommend the influenza vaccine for everyone ages 6 months and older. Children younger than 5 years old—especially those younger than 2— are at higher risk of developing serious [flu-related complications](#) such as pneumonia, dehydration, hospitalizations, and death. The influenza vaccine helps to prevent severe disease- among children who died of influenza in the last 10 years, 80% were not vaccinated.
- A [2020 study](#) found that during the 2018-2019 flu season, flu vaccination reduced flu-related hospitalization by 41% and flu-related emergency department visits by half among children (aged 6 months to 17 years old).

Should I get FluMist or the influenza shot?

- For most people between the ages of 2 and 49, it is your choice -- the American Academy of Pediatrics recommends them both equally. However, there are some categories of people who should not receive the FluMist, as it is a live vaccine. To view these, click here: <https://www.cdc.gov/flu/prevent/nasalspray.htm>. The flu shot is the only option available for infants and toddlers ages 6months - 2 years. If you have read the FAQs and still have questions about which vaccine you should receive, please reach out to our clinic.

I'm a parent of a patient here at Pediatric Services-- can I get a flu shot here?

- Yes, you may. We can offer the FluMist (nasal) for parents who are 49 and under, and flu shot (intramuscular) for parents 64 and under.

Can I get the flu shot at the same time as other vaccines?

- Yes, you may. However, if your child has recently received the MMR, varicella (chickenpox vaccine), or MMRV vaccine, you will be advised to wait 28 days in order to have an optimal immune response.

What are the common side effects of the flu shot or FluMist?

- Common side effects include soreness, redness, and/or swelling where the shot was given, headache (low grade), fever, nausea, muscle aches, and fatigue. Severe side effects such as allergic reactions are very rare.

[Source: https://www.cdc.gov/flu/prevent/flushot.htm](https://www.cdc.gov/flu/prevent/flushot.htm)