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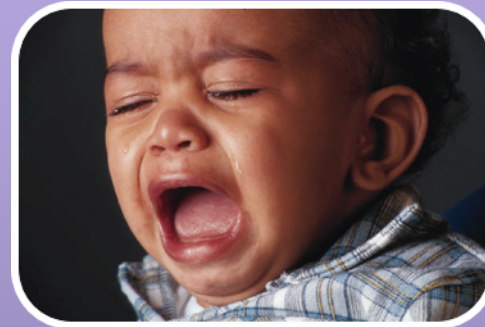
## Why should my child get a flu vaccine?

The flu is a contagious illness that can affect the upper respiratory tract.

Children are among the groups who are at high risk for developing the flu and spreading it to others.

Getting your child a flu shot each year will help protect your child from getting the flu

Vaccination is the best prevention



Child doesn't like shots?

FluMist is another option for your child to be vaccinated without having to get a shot



# Flu vaccine time for your child?

## FluMist or the Flu Shot?

Information on deciding between the shot or the nasal vaccine for your child

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[mansfield.htnp.com](http://mansfield.htnp.com)

# What is the FluMist Vaccine?

It is a live vaccine in the form of a nasal spray. There is no shot for your child, but just a spray into the nose. If your child is between the ages of 6 months and 5 years old, the nasal spray has been found to have 55% less cases of influenza compared to the shot in children who do not have a history of asthma or wheezing.

Beishe, R.B. et al.; Live Attenuated versus Inactivated Influenza Vaccine in Infants and Young Children; *The New England Journal of Medicine*; 2007; 356 (7): 685-695

## What parents will like about the FluMist

FluMist is more effective for children 6 months-5 years of age

## What children will like NO SHOT



### For More information

- Talk to your child's doctor
- Info on the flu- [www.flu.gov](http://www.flu.gov)
- Info on FluMist vaccine- <http://www.cdc.gov/flu/about/qa/nasalspray.htm>
- 1-800-CDC-INFO

## FluMist vs. Flu Shot

- Which works better?
  - FluMist is more effective in preventing the flu in children
- What are the side effects of the FluMist
  - Most common side effects are runny nose or nasal congestion, sore throat and fever
- Can children over the age of 5 get the FluMist
  - Yes, however it is most effective in children under the age of 5
- Who can't get the FluMist?
  - Children under 5 with history of asthma or wheezing should receive the flu shot instead