



ParentPages

SHOTSMARTS FROM IMMUNIZE GEORGIA

Take Action this Winter to Protect Your Family

It's Not Too Late to Vaccinate

With the rush of activity during the holiday season, many plan to get their flu shot, but then forget. By the time the holidays are over and the New Year begins, some may think it is too late to get a flu shot. In fact, your family can *and should* be vaccinated against the flu throughout the winter months.

During the 2006-2007 flu season, 68 children died from influenza-related complications. According to the CDC, 50 out of 53 children (greater than age 6 months) had not been vaccinated against influenza.* Remember that babies under the age of six months cannot receive a flu shot, so it is especially important that family members get their flu shot in order to protect them.

Visit the *Families Fighting Flu* site at <http://www.familiesfightingflu.org/about/families/> for personal stories on what this kind of tragedy can do to a family. Don't let this happen to your family.

There are other reasons to make sure your family gets their flu shot. Flu shots for the whole family:

- Protect everyone from getting sick
 - ♦ While the flu can be less severe for healthy people, it can be deadly for family members who are very young, grandparents or those who have certain medical conditions.
- Reduce absences at work, school and social events
- Reduce possible loss of income

Flu Information for Parents

<http://www.cdc.gov/flu/parents/index.htm>

Prevent Childhood Influenza

<http://www.preventchildhoodinfluenza.org/>

Be sure to use the "Influenza Risk Calculator"

* Centers for Disease Control and Prevention: Morbidity Mortality Weekly Report (MMWR) [Electronic Version]. Update: Influenza Activity — United States and Worldwide, 2006–07 Season, and Composition of the 2007–08 Influenza Vaccine. August 10, 2007 / 56(31); 789-794. Retrieved from <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5631a2.htm> ■

Shots Are Not Just for Children

Making sure your children have received their shots is only part of the picture. Many teenagers are behind on booster shots, and the protection provided by some shots wears off over time. Teens and even adults will need additional shots from time to time to stay protected from diseases throughout their entire life. Children who are too young to have received all of their shots can still catch diseases from other members of their family including parents, teenage siblings and grandparents.

Any doctor visit is a perfect time to catch up on needed vaccines for you and your children. If you or your child visits the doctor for being sick, use this chance to ask your doctor about what vaccines you may need.

Not familiar with what shots are needed for teenagers and adults and how often booster shots are needed?

Childhood Immunization Scheduler

http://www2a.cdc.gov/nip/kidstuff/newscheduler_le/

"What Parents, Preteens and Adolescents Should Know"

www.cdc.gov/vaccines/preteen/

"Do I Need Any Vaccinations Today?"

<http://www.immunize.org/catg.d/p4036.pdf>

American Academy of Pediatrics – Information for Families

http://www.cispimmunize.org/fam/fam_main.html ■