

# Fight the flu. Get vaccinated.



## How important is a flu shot?

In short, very. The flu virus is unpredictable and differs from year to year. A flu shot is the best way to protect your child from a serious flu infection. There's a lot of misinformation about flu vaccines, remember:

- **Pregnant and breastfeeding mothers should get a flu shot** to help protect their babies who are too young to get a vaccine.
- **Get your child's yearly flu shot as soon as they become available** (usually by the end of September). Ideally, your child should be vaccinated by the end of October, but it's never too late to get a flu shot.
- **A flu shot doesn't cause a flu infection.**

It also won't make you sick with flu-like symptoms. And children who have an egg allergy can receive a flu vaccine.

A flu shot is the **best way** to protect your child during cold and flu season.

**Everyone** 6 months and older, including pregnant women, should get a flu shot every year.

[choa.org/flu](http://choa.org/flu)



**Children's**  
Healthcare of Atlanta