



Fight the flu. Get vaccinated.

How important is a flu shot?

A flu shot is the best way to protect your child and others from serious flu infection during cold and flu season. Getting an annual flu shot is always important—and during this COVID-19 pandemic, it's more critical than ever.

Since some flu symptoms are similar to symptoms of COVID-19, preventing flu infection could reduce confusion or concerns about possible COVID-19 infection in your family. Everyone 6 months of age and older, including pregnant women, should get a flu shot every year.

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Don't forget:

- Pregnant and breastfeeding mothers should get a flu shot to help protect their babies who are too young to get a vaccine.
- Adults should get a flu shot to help protect those who cannot be immunized.
- Have your child get a flu shot as soon as it becomes available. Ideally, children should be vaccinated in the fall, but it's never too late to get a flu shot.
- A flu shot doesn't cause a flu infection, and it won't make you sick with flu-like symptoms.
- Children who have an egg allergy can safely receive a flu vaccine under the direction of their pediatrician.

choa.org/flu



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This is general information and not intended as specific medical advice. Consult your provider with questions.