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.