

KIDS...YOU NEED FLU VACCINE, TOO!
an article for your children by Kaye Ivanoff, RN of SHOTS, etc.

Did you know that influenza (in-flew-in-zah), also known as “the Flu” can make you very sick? Even though it is one of the most serious illnesses of the winter season, you can get the flu anytime of the year. Children and grown-ups catch the Flu from somebody else who has it. Flu makes you feel very bad for a week or more with a high fever, chills, cough, headache, runny nose, sore throat, muscle aches and joint pain. Children can also have diarrhea, upset stomach and vomiting.

Here are some things you can do to keep from getting the flu!

- 1) Stay away from people who are sick.
- 2) Stay home when YOU are sick to keep others from catching your illness.
- 3) Cover your mouth and nose with a tissue or your elbow when you cough or sneeze.
- 4) Wash your hands often, especially before eating and after coughing and sneezing.
- 5) Keep your hands away from your eyes, nose and mouth.
- 6) Get plenty of sleep and exercise, drink plenty of fluids and eat healthy foods.

But the most important thing you can do to keep from getting the flu is to get a flu shot or Flu Mist nasal spray vaccine every fall! Getting a shot of any kind is scary for a lot of children and even for some grown-ups! But two seconds of a “little stick” with the shot needle is much better than being *so sick* that you don’t even feel like watching TV or playing video games! Flu shots and other vaccines that you need as children keep you from getting some very serious diseases. Being brave and taking those shots when your doctor says it is time for them is one of the best things you can do to stay healthy your whole life! If you are still afraid of that “little stick” from the shot needle, you can ask the nurse to numb your arm with an ice cube so you will not feel it at all.

Another way to take the flu vaccine is by sniffing it up your nose! A new kind of flu vaccine, Flu Mist nasal spray, has been used for several years and thousands and thousands of children and adults really love it! There is no needle and all you do is sniff it up your nose. It may taste a little funny, but it only lasts a few minutes and that’s all there is to it!

Being sick with the Flu is NO FUN! So tell your Mom and Dad that you are ready to get your flu shot or Flu Mist nasal spray today!

This article was written by Kaye Ivanoff, RN of SHOTS, etc., a Nashville-based provider of all vaccinations needed by adolescents and adults to stay healthy for work or school requirements, world travel and everyday life.

For more information about services available for companies and individuals, please call 615-469-7413 or visit www.SHOTSetc.com.

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