

DO WITHOUT THE FLU



During flu season, children with chronic health conditions run the risk of developing serious flu complications.

A flu vaccine will greatly reduce the risk. So they can do the things they want to do without the flu.

A seasonal flu vaccine is a safe and effective way to protect children six months and older, especially those with certain chronic conditions that could make them much more vulnerable to the flu.

Flu vaccines are available from your healthcare provider, local public health department, or local pharmacy.

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DO PROTECT YOUR CHILD FROM THE FLU

The most important thing you can do to protect your child against the flu—especially if they have a chronic health condition—is to make sure they get their flu vaccine every year. A child of any age is at high risk of flu complications if they have any of the following chronic health conditions:

- Asthma
- Neurologic and neurodevelopment conditions
- Chronic lung disease (such as cystic fibrosis)
- Heart disease
- Blood disorders (such as sickle cell disease)
- Endocrine disorders (such as diabetes mellitus)
- Kidney disorders
- Liver disorders
- Metabolic disorders
- Weakened immune system due to disease or medication
- Children who are taking aspirin or salicylate-containing medicines
- Extreme obesity

DO RECOGNIZE EMERGENCY FLU WARNING SIGNS

If you have a child with chronic health issues who is experiencing any of these symptoms, take them to the emergency room: Trouble breathing, bluish lips or face, ribs pulling in with each breath, chest pain or severe muscle pain, dehydration, not alert, seizures, fever over 104°F, worsening of chronic health conditions.



DO LEARN WAYS TO PROTECT YOUR CHILD FROM FLU

- Stay away from people who are sick. If you or your child are sick, limit contact with others to keep from infecting them.
- Remember to cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with viruses that cause flu.

DO ASK YOUR DOCTOR ABOUT TREATMENT OPTIONS

Your medical provider can prescribe an antiviral medication for children with chronic health conditions who develop the flu. Antiviral treatment works best when started soon after flu illness begins, so if your child is exhibiting flu symptoms, don't delay. Contact your child's health care provider right away.

DO GET YOUR CHILD A FLU VACCINE

The winter season is flu season. Children and adolescents with certain chronic health conditions are at high risk of developing serious flu complications. Do what's best to reduce the risk of flu for your at-risk child. Make sure they get a seasonal flu vaccine each year.

Get your flu vaccine from your healthcare provider, local public health department, or local pharmacy.

You or your family may qualify for free vaccine. Please visit hhs.nd.gov/immunizations/public for more information. Administration fees may apply.

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For more information visit ndflu.com or scan this QR code with your smartphone.

