



Facts about the Flu

- Influenza, also known as the flu, is a virus that can affect the airways in the lungs
- The flu can trigger severe asthma attacks and lung infections
- Children in school or daycare are at a higher risk of getting the flu
- The **best ways to protect** against the flu are to:
 - Wash hands regularly
 - Get a yearly flu shot
- The best time of year for your child to get the shot is October or November, but you can still get it later since the flu season can last as late as May
- The flu shot starts to prevent the flu virus within two weeks of getting the shot
- The worst side effect your child is likely to get from the flu shot is tenderness near the site of the shot or minor aches
- **The flu shot CANNOT cause the flu!**