

2023 FLU SHOT ARE HERE!!!

WHY GET THE VACCINE?

Influenza (FLU) is a very contagious disease. It is spread by coughing, sneezing, or nasal secretions. Children have the highest rates of infection. Infants, pregnant women, the elderly, and people with certain medical conditions are at high risk of more severe flu.

WHO SHOULD GET THE VACCINE?

The American Academy of Pediatrics (AAP) recommends the flu shot for all children 6 months and older. We, at CMG, especially recommend flu vaccines for children with siblings under 6 month old in the household and for any child with underlying medical issues including:

- Asthma or other chronic lung disease
- Significant heart disease
- Diabetes
- Immunosuppressive disorders or therapy
- Long-term aspirin therapy
- Chronic kidney disease

The vaccine is required by day-cares and pre-schools in Connecticut.

Children between 6 month and 8 years require a booster vaccine, 1 month after their first dose, only if this is their first season being vaccinated.

WHO SHOULD NOT GET THE VACCINE?

Children who are moderately to severely ill should wait to get their flu vaccine and those with a history of Guillain-Barre Syndrome should discuss whether or not to get the vaccine with their doctor.

WHAT ARE THE RISKS?

Mild problems:

- Soreness/redness/swelling where shot was given

- Fever/aches/hoarseness/cough
- If symptoms occur, they will occur shortly after shot and last 1-2 days.

Severe problems:

- Allergic reaction-including difficulty breathing

HOW LONG DOES IT TAKE TO WORK?

It takes about 2 weeks after the vaccine is administered to become protected. The flu vaccine does not protect against non-flu viruses.

HOW DO YOU MAKE AN APPOINTMENT?

Please call our office at 203-661-2440 for an appointment.

If your child has a check-up scheduled soon, you do not need to make a separate appointment just for the vaccine. Your child will receive the flu vaccine at the check-up appointment.