

Contact Us

Connect with a County of San Diego Public Health Nurse for more information:



Phone Number

1 (866) 358-2966 OPTION 5



E-mail Address

PHS-IZPHN.HHSA@sdcounty.ca.gov

Scan here to learn more about flu vaccination on the sdiz.org website.

SCAN ME



Call your child's
doctor to schedule a
flu vaccine today!



Influenza (Flu)

Everything you need to know
to protect your child.



About Influenza

Influenza (flu) is a respiratory illness caused by influenza viruses. They can infect the nose, throat, and sometimes lungs. Flu is more dangerous than the common cold for children. Each year, millions of children get sick with flu, thousands are hospitalized, and some die.

Symptoms

Symptoms of flu usually come on suddenly and can include:

- Fever,
- Cough,
- Sore throat,
- Runny or stuffy nose,
- Muscle or body aches,
- Headache,
- Feeling tired, or
- Throwing up, or diarrhea.

Transmission

Flu spreads by droplets made when people with flu cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby.

Less often, someone can get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or eyes.

Complications

Sinus and ear infections are examples of moderate complications from flu, while pneumonia is a serious flu complication. Other possible serious complications triggered by flu can include swelling of the:

- Heart (myocarditis),
- Brain (encephalitis),
- Muscle tissues (myositis, rhabdomyolysis), and
- Multi-organ failure.

Flu can also make chronic medical problems (like asthma or chronic heart disease) worse.



Prevention

The best way to prevent flu is by getting an annual (yearly) flu vaccine. The vaccine is available as a shot or nasal spray.

Everyone 6 months and older should be vaccinated by the end of October. Most children only need 1 dose, but some may need 2 doses. For those children, it is recommended to get the first dose in July or August. The second dose needs to be given at least 4 weeks after the first.

In addition to getting an annual flu vaccine, children and caregivers should take the same everyday preventive actions the Centers for Disease Control and Prevention (CDC) recommends for everyone, including:

- Keeping them away from sick people and children,
- Reminding them to cover their coughs and sneezes,
- Washing their hands with soap and water often, and
- Cleaning surfaces and toys that may be covered with flu viruses.