

# YOU'RE ENTRUSTED TO CARE FOR CHILDREN.

## Start by protecting them from flu.



### WHAT IS INFLUENZA (FLU)?

Flu is a contagious and potentially deadly illness that affects the nose, throat and lungs. People with flu can spread it to others up to about 6 feet away through droplets created when they cough, sneeze, and talk. These droplets can also be picked up from surfaces and infect others. When kids get the flu, they typically have a high fever, body aches, headache, sore throat, and a cough for a week or longer.

### FLU COMPLICATIONS IN CHILDREN

Children younger than 5 years old — especially those younger than 2 — are at high risk of developing serious flu-related complications. Complications include:

- Pneumonia
- Dehydration (from diarrhea and vomiting)
- Worsening of long-term medical problems like heart disease or asthma
- Brain dysfunction such as encephalopathy
- Sinus problems and ear infections
- Death



### CHILDCARE WORKERS' ROLE IN FLU PREVENTION:

- They can unknowingly spread flu to children in their care and their co-workers.
- They can be exposed to flu by children and co-workers, resulting in their own illness, lost time at work, and exposure to family members.
- They (and everyone older than 6 months) should get a flu vaccine to protect themselves and those around them.

### GETTING VACCINATED HAS BEEN SHOWN TO REDUCE:

- Flu illnesses
- Missed school and workdays
- Doctor visits
- The risk of flu-related hospitalizations and death



### DID YOU KNOW?

- Up to 80% of children spend the better part of their day in childcare centers.
- Nevada is ranked last in the nation for flu immunization coverage, with only 36.1% of the population vaccinated in 2018.
- 20,000 children under 5 years of age in the U.S. are admitted to the hospital due to flu-related illness every year.
- On average, over 100 children die from the flu and its complications every year in the U.S.

### WHERE TO GET THE FLU VACCINE:

- Your doctor's office
- Local health district or community health center
- Local pharmacies

For specific locations and information on where to go regardless of insurance status:  
[immunizenevada.org/clinics](https://immunizenevada.org/clinics)



**The annual flu vaccine is the best defense  
against contracting and spreading the flu.**

[immunizenevada.org](https://immunizenevada.org)