

About our organization

Families Fighting Flu is a non-profit, volunteer-based organization established in 2004 that is made up of families and health care practitioners. Each family has experienced first-hand the death of a child due to the flu or has had a child experience severe medical complications from the flu. We are dedicated to educating people about the severity of influenza and the importance of vaccinating children against the flu every year. Through education and advocacy, we hope to improve the rates of childhood flu vaccinations and help reduce the number of childhood illnesses and deaths caused by the flu each year.

www.familiesfightingflu.org

Connect with us



Visit our website, www.familiesfightingflu.org, to learn more about our organization, sign up for our e-newsletter or get more involved in our fight against influenza. Also check out our Facebook and Twitter pages. Families Fighting Flu is a great resource to keep you and your family up-to-date on influenza.



www.facebook.com/familiesfightingflu

www.twitter.com/famfightflu

Make a donation

Families Fighting Flu operates solely on donations from organizations and people like you that support our mission and share our goals. Our policies and activities are determined by the families and medical experts that make up our Board of Directors. We do not advocate on behalf of any flu manufacturers or endorse any specific flu vaccine. To donate to Families Fighting Flu, visit www.familiesfightingflu.org.

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Working together
to protect children
against the flu



What is the flu?

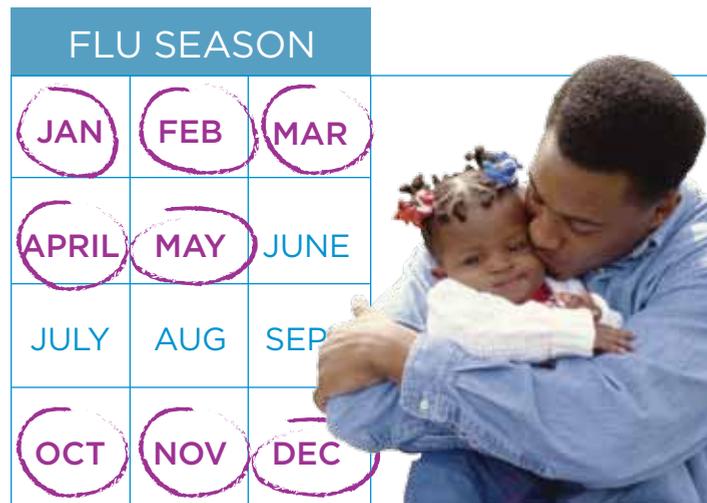
Influenza, or “the flu,” is a highly contagious, viral infection of the respiratory tract (nose, throat and lungs). The flu is often confused with the common cold, but flu symptoms tend to develop quickly (usually 1 to 4 days after a person is exposed to the flu virus) and are usually more severe than the typical sneezing and congestion associated with a cold.

Influenza is often accompanied with fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches. Nausea, vomiting and diarrhea are also common symptoms in children.

A person infected with the flu virus will typically suffer from the illness for approximately 7 to 10 days, with 5 to 6 days of limited activity and about 3 days of bed rest.

How serious is the flu in kids?

Every year in the U.S., healthy children are hospitalized or die from flu complications. In fact, influenza is a serious disease that kills nearly 100 children younger than 5 years old every year in the U.S. Additionally, each year an average of 20,000 children younger than 5 years old are hospitalized because of flu complications. Influenza is one of the leading causes of infectious disease hospitalizations among young children.



Who should get vaccinated against the flu?

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older should get vaccinated against the flu every year.

Infants younger than 6 months old are too young to be vaccinated. Protect them by getting yourself, other children and family members, and close contacts vaccinated. This will help prevent spreading the virus to infants.

When is the best time to get vaccinated?

It is recommended to get vaccinated as soon as vaccine becomes available in your community. The flu virus tends to spread from October to May, with most cases occurring in January or February. However, vaccinations can be given at any time during the flu season — even getting a vaccination later in the season (December through March) can still help protect you from influenza.

What’s the best way to prevent the flu?

Get vaccinated.

Influenza vaccination is safe and effective and is the single best way to help protect yourself and your family from the flu each year. Since the virus and the vaccine changes every year, it is important to get a vaccination annually.

Wash your hands.

Frequent hand washing keeps lots of germs out of our bodies, including the influenza virus. If soap and water are not available, use a hand sanitizer.

Stay home if you don’t feel well.

Should you become infected, keep the germs from spreading by staying home — and don’t forget to take care of yourself!

Do the elbow cough.

Cough into elbows, not hands where it’s more likely to spread bacteria and viruses through touch.

FLU CHECKLIST

- Get vaccinated
- Wash your hands
- Stay home if you don’t feel well
- Do the elbow cough