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YOUR CHILD'S HEALTH

Presented by the medical professionals at Midcoast Pediatrics

Does Your Child Need a Flu Shot?

An annual flu shot is the best way to reduce your risk of getting the flu, and many parents wonder if their children need the shot. Some children are at higher risk for developing serious complications. If your child has a chronic illness like kidney disease, diabetes, asthma, or HIV, a flu shot can provide valuable protection. Also, if the child lives with someone who is at high risk for flu complications, including a pregnant woman in her second or third trimester during flu season (November-March), a flu shot is recommended. Some complications associated with the flu include pneumonia, ear infections, and respiratory infections. Even with no complications, the flu means your child will be sick for two to three weeks.

P.S.: People with egg allergies are at risk of serious side effects from flu shots.

The best prevention for the flu is a flu shot. If you wonder whether or not your child should get a flu shot, always check with your pediatrician before you have the proper vaccines. When your child requires pediatric care, call MIDCOAST PEDIATRICS at 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. New patients are welcome.

www.midcoastpediatricspa.com