



family**TIME** E-**Bl**ast

A message from Parent Help Line

New Guidelines for Flu Vaccines for Children

Doctors now recommend that all children, 6 months to 18 years, receive the flu vaccine. Dr. Renee Jenkins, president of the American Academy of Pediatrics, says children are 2 – 3 times more likely to get the flu than are adults.

Kids usually cough and sneeze on each other. They are not careful about hand washing. Schools and daycares are usually a breeding ground for germs. Kids not only spread the flu to each other, but to other adults as well. Expanding the age for flu vaccinations will help:

- Decrease the amount of missed school days and
- Decrease the amount of time that parents miss work.

Flu-shot season begins in October. Talk to your child's doctor about flu vaccinations.

In an average year, 60 million Americans get the flu – 36,000 die from complications. The elderly are at the greatest risk for death.

Hand Washing Helps People Avoid Getting Sick

To avoid spreading germs, like the flu, keep your hands clean. Use these steps to be sure your hands are clean.

- Turn on the faucet. Let the water run until it is warm.
- Wash hands with soap in the clean, warm running water for 20 seconds.
- Rub hands together. Make sure you lather and scrub all surfaces.
- Rinse well under the running water.
- Use a paper towel or air dryer to dry your hands.

Teach others to follow these steps.

If soap and water are not available, use an alcohol-based gel to clean hands.

Apply the gel to the palm of one hand. Rub hands together. Rub the product over all surfaces of hands and fingers until hands are dry.

Google the CDC Family Health site for other healthful tips.

Log onto parenthelpline.org – School-age, and find:

- Facts About Kids and Colds
- Keep Your Family Healthy
- Tips for Flu Season

Have a safe and healthy November.

