

## When?

The vaccine is usually available at the beginning of November. We suggest you make an appointment as early as possible so that your child can receive the two recommended doses. Consult the CLSC at your health and social services centre or your doctor.

## Tips for reducing the risks of catching the flu



As a parent, you can teach your children the importance of:

- washing their hands often;
- coughing or sneezing into the bend of the elbow;
- putting soiled handkerchiefs in the trash;
- not visiting elderly people or people suffering from a chronic disease while sick.



[www.infogrippe.gouv.qc.ca](http://www.infogrippe.gouv.qc.ca)

Santé  
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Québec 

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# Seasonal-Flu (Influenza) Vaccine



« **VACCINATION**  
is good protection »

Québec 

## ***Mom, Dad, you can have your baby or toddler vaccinated against the seasonal flu (influenza) free of charge.***



### **For whom?**

The seasonal-flu (influenza) vaccine is available free of charge to:

- children aged between 6 and 23 months;
- persons who could transmit the infection to them, that is:
  - their family (father, mother, brothers, sisters),
  - people who take care of them (e.g. sitter at home, daycare workers).

Children under 6 months can also catch the flu. However, the vaccine is not recommended because it has not been shown to have benefits for this age group. If your child is under 6 months, it is important that you and others liable to pass on the infection to him or her be vaccinated. Vaccination is free of charge in this case also.

### **Why?**

The flu is highly contagious and is transmitted in droplets from the nose or throat of an infected person, or by objects contaminated by these secretions. The difference between the flu and other respiratory-tract infections such as the common cold lies in the seriousness of symptoms, which are:

- fever;
- coughing;
- fatigue;
- nausea, vomiting and diarrhea;
- general discomfort.

Children under 2 are at greater risk of:

- catching the flu;
- developing complications:
  - ear infections,
  - sinusitis,
  - bronchitis,
  - pneumonia;
- needing antibiotics;
- being hospitalized;
- dying;
- transmitting the illness, because they excrete the virus in greater quantity and for longer.

The seasonal-flu vaccine is safe. It cannot cause the flu. However, it does not protect against other viruses that cause respiratory-tract infections such as the common cold.

Children under 9 years of age who have not previously been vaccinated against influenza receive two doses of the vaccine, the second a month after the first. It is very important that your child receive the second dose to be fully protected.

**» The vaccine remains free of charge for children of all ages suffering from chronic diseases and those close to them.**

**Older children and adults who wish to protect themselves against influenza can also receive the vaccine at a minimal charge.**

**VACCINATION is good protection**