



Life is
a delicate
balance.

Your flu vaccine
protects me,
my flu vaccine
protects you.



Learn more about flu
and the flu vaccine by visiting
www.flu.gov or www.crihb.org

American Indian and Alaskan Natives may be at a greater risk from complications such as hospitalization or death from H1N1, protect you and your community against this disease... it's not too late to get your flu vaccine.

Fact Sheet for Babies and Toddlers under 2

All children 6 months and older should get the flu vaccine. Getting your child vaccinated as soon as possible is the best method for protecting him or her from the flu. The H1N1 (swine) flu is even more serious for babies, infants, and toddlers. The information in this fact sheet has been put together to help you protect your baby under 2 years of age from seasonal and H1N1 flu.

What are the symptoms I should watch out for in my infant or toddler?

The flu is an infection of the nose, throat, and (sometimes) lungs. If your baby shows any of the following signs, you should call your doctor:

- ◀ Acting tired and cranky much of the time and not feeding well
- ◀ Cough
- ◀ Diarrhea and vomiting
- ◀ Has a fever or feels feverish (if no thermometer available)
- ◀ Runny nose
- ◀ Trouble breathing (fast, short, shallow)
- ◀ Sudden dizziness, confusion or not waking or interacting
- ◀ Skin discoloration around lips, mouth, or nails

What will the treatment be if my baby has H1N1 flu?

Are babies and infants given antiviral medications? Are they safe?

- ◀ Children younger than 2 years old will usually need to be treated with antivirals. The liquid form will likely be used. These medicines work best if started as soon as possible after symptoms begin, and preferably within 48 hours.
- ◀ You should always check with your doctor or nurse before giving any cold medicines to your infant or toddler.

Should my baby get vaccinated against the flu?

- ◀ For the 2010-2011 flu season, which begins in the fall of 2010, the seasonal flu vaccine will include protection against the H1N1 virus.
- ◀ All infants 6 months or older should receive the vaccine, even if they have had a H1N1 flu-like illness. The flu vaccine is not approved for children under 6 months old. Your child will need a second flu vaccine around 4 weeks after receiving the first vaccine.
- ◀ Anyone who lives or has close contact with a child younger than 6 months old should have a flu shot also.

