

PHA Flu Vaccine Days

October and November

Weekdays Tues-Fri (no Mondays)

9:00 – 11:15 AM, 1:30-415 PM

BY APPOINTMENT ONLY

Please call the office

(appointment needed for each child)

Due to Covid-19 there will be some changes to previous years:

- Children 2 years and older only
- Masks required
- One parent per child
- NO PARENT FLU SHOTS
- **Weekends: Check in at first floor entrance parking lot (do not come directly to office).** We will direct you safely and quickly through the office.
- **Weekdays: Text 516 931 7337 from parking lot (do not come directly to office).** We will direct you safely and quickly through the office.

Flu and Covid-19: The symptoms of Flu and Covid-19 are similar which means that a bad flu season will cause lots of worry and confusion, school absence and even school closures. Reducing the spread of respiratory illnesses, like flu, this fall, and winter is more important than ever. The CDC recommends getting a flu vaccination in September or October but getting vaccinated anytime during the flu season can help protect you. Extra vaccine has been produced in anticipation of a greater demand.

Getting your flu shot is easier than ever!

- First decision - Doctor or Nurse?
- Flu vaccine days are Nurse Only visits (see below)
- Doctor flu visits are needed if:
 - you would like your child to receive a physical examination prior to getting the vaccine
 - your child has an egg allergy
 - your child is under 2 years old
 - your child with asthma has not had a recent "tune-up"
 - you want to speak with the doctor

For a doctor flu visit, call the office and schedule an appointment. Or if you have a previously scheduled visit (well, follow up) it can be given then. You do not need to let us know ahead of the visit. Copays apply.

- Nurse flu visits
 - Do not include time with the doctor and are most appropriate for healthy school age children without medical problems.
 - There is no co-pay for nurse only visits.
 - Please be sure to complete the Flu Questionnaire included in the pre-visit check-in.

Flu vaccine days (more dates to follow) are the quickest, easiest way to get your nurse flu shot. These days are scheduled during down time and extra staff are brought in to expedite your visit

Does my child really need a flu shot?

Yes! Especially this year to eliminate Covid-19 confusion, but Influenza has caused more deaths and serious illness in children than Covid-19. During bad flu seasons, about 30 percent of school-aged children get sick. Children miss about 38 million school days every year because of flu - and parents miss work to care for them. Nearly 100 children die in the US from influenza every year and approximately 20,000 children under the age of five are hospitalized due to the flu each year. It is well recognized that children often transmit illness to adults. When we vaccinate our children, we protect not only them, but their parents and grandparents, and the most vulnerable members of our society.

Who should receive a flu shot?

Current recommendations are:

- Children with chronic illnesses, asthma, diabetes, heart disease & their family
- All children 6 months - 18 years
- All family members of a baby age 0-24 months

- Children with an immunosuppressed family member (i.e. someone on chemotherapy.)
- Children with elderly grandparents/great grandparents
- Children with history of pneumonia or multiple ear infections
- Pregnant women
- Adults over the age of 50 years
- Anyone with an exciting vacation planned for this winter.
- Anyone who plans on flying this year
- Anyone with an important life celebration this winter
- Healthy children and adults who do not want to get the flu

**People with a previous adverse reaction to a flu shot should not receive flu vaccine.

**Children with egg allergy will receive the injectable vaccine and will be required to wait in the office for 30 minutes and should book their visit with the doctor.