



Tips for Talking to Kids about Getting FluMist

If you have a young child (age 5-12) it may be helpful to talk with them about how FluMist is administered before they get the vaccine.

Be brief. Talking too much or too detailed may only scare your child. Tell a young child you are going to get a vaccine the morning of the day it is going to be administered. An older child can be prepared the day before, but keep it light.

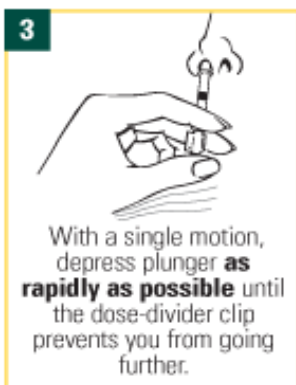
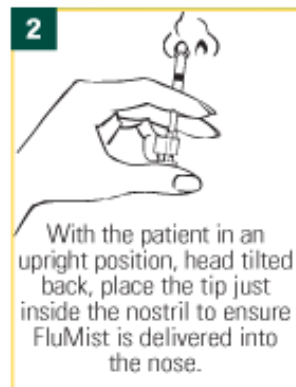
Describe what will happen. Tell your child he/she will get a vaccine. This vaccine is not a shot! The vaccine will be given in his/her nose. It won't hurt and the child doesn't have to inhale the vaccine as it is administered. Although the vaccine comes in a syringe, there is no needle attached to the syringe.

Explain how the medicine will keep kids from getting sick. Young children don't always understand how medicine works. You could explain it by simply saying, "This medicine will help you stay healthy so you can go to school and play with your friends."

Explain possible side effects. If a child experiences a side effect from FluMist, it will most likely be mild and include runny nose, headache, nasal congestion, sore throat, and fever.

*Remember, if your child is under 9 years of age and has not previously received a flu vaccination at any time, he/she should receive 2 doses of FluMist given at least 1 month apart. If your child is under 9 years of age, got vaccinated for the first time last year, but only received 1 dose of flu vaccine, he/she should receive 2 doses of flu vaccine this year.

If you have any questions about the vaccine or your child receiving this vaccine, contact your healthcare provider or your local health department.



The following shows how the FluMist will be administered to the student.