Fighting the Flu

Influenza, or the flu, is a serious illness caused by the influenza virus. The influenza vaccine can help prevent you from getting infected with certain strains of the influenza virus and is effective in 70-80% of people.

Almost every child has influenza from time to time. That’s why it’s essential that parents recognize the signs and symptoms of the flu and what they should do if they suspect their child has the flu. Read more about Influenza (Flu).

Parents should also know that flu is more dangerous for children than the common cold. Each year an average of 20,000 children under the age of 5 are hospitalized because of influenza complications. Read more about Children, the Flu, and the Flu Vaccine.

Sources:

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