Children from six months to less than five years can now get the influenza vaccine for free through general practices and other childhood immunisation providers in Queensland.

Flu can cause serious complications

At high risk are:

**CHILDREN UNDER 5 YEARS**

- More than half of children admitted to public hospital with flu are younger than 5 years.¹
- Up to 13% of children under 5 hospitalised with flu are admitted to intensive care every year.¹
- Most children being hospitalised or dying because of the flu were previously healthy kids.
- Flu shots can reduce the number of kids having to go to emergency departments or hospitals by up to 70% each flu season.²
- Children, including healthy kids, are more likely to catch the flu than adults and are 'super-spreaders' in the community.

¹ Queensland public hospital influenza admission data 2013–2017
² West Australian Influenza Vaccine Effectiveness Study 2009–2015

Queensland Government
Five reasons why children should get the flu shot every year

- **Protects children** against the flu and serious complications, such as bronchitis and pneumonia, in some cases hospitalisation or even death.
- **Protects children, their family and friends** by helping contain the spread of flu.
- **Is better than catching the flu.** Even though it doesn't provide 100% protection against the flu, if a child still catches the disease it can lessen its duration and severity.
- **Is safe** and has been given to millions of children worldwide.
- **Avoids costs** (for alternative work/childcare arrangements and medicine)

Flu is not worse than the common cold

Flu symptoms can include:
- **FATIGUE**
- **CHILLS**
- **FEVER**
- **Cough**
- **Headaches**
- **Body aches**
- **Sore throat**
- **Runny or stuffy nose**

Five easy steps to help fight the flu

1. Get a flu shot every year
2. Wash your hands thoroughly for at least 20 seconds or use an alcohol based hand rub
3. Cover your coughs and sneezes
4. Dispose of used tissues immediately, then wash your hands
5. Stay at home if you have flu symptoms

Flu symptoms can include:
- Fatigue
- Body aches
- Sore throat
- Runny or stuffy nose
- Fever
- Headaches
- Cough