



Pediatric  
Associates  
of Livingston  
PLLC™

Partners in your child's health

## Flu Immunization

Influenza, commonly called the "flu", is a highly contagious viral illness which affects millions of people each year. It is an infection of the respiratory tract. Common symptoms are fever, cough, chills, sore throat, headache, muscle aches, and fatigue. The flu season typically lasts from October to April. The most effective means of protecting yourself from getting "the flu" is to receive a yearly flu shot. While everyone can potentially benefit from the flu shot, the American Academy of Pediatrics and the Centers for Disease Control have recommended that children aged 6 months to 59 months (less than 5 years) receive annual influenza vaccine.

Children under 9 years old who have never received the influenza vaccine will need two shots this year, given at least one month apart. Children younger than 9 years of age who received 1 dose of flu vaccine in their first year of vaccination should receive 2 doses the following year. In subsequent years they will need only a single injection. If your child has a well-child exam scheduled late October or early November, we will be happy to give the flu vaccine at that visit. Otherwise to accommodate the large volume of patients who need the vaccine, we will be scheduling brief nurse visits on Tuesday, Wednesday, and Thursday during regular office hours. Beginning Tuesday, October 16, 2007, these appointments are for vaccination only. If your child needs to see a physician, a separate appointment must be scheduled before arriving. We will continue this service through the end of the influenza season, while supplies last. Please note we will provide flu vaccine to our established pediatric patients only. Parents and other family members are encouraged to obtain the vaccine from either their personal physician or the Health Department.

If your insurance plan covers immunizations, we will bill them for the flu vaccine. Medicaid recipients will be given the vaccine we receive from the Health Department's Vaccines for Children (VFC) program. "Underinsured" patients (with insurance that does not cover immunizations or maximum benefits met for the year) and those with no insurance will also be given VFC vaccine; however, an administration fee of \$16.75 will be collected at the appointment. If you would like to schedule your child to receive a flu vaccination, please call our office at (810) 229-PALS (7257).

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