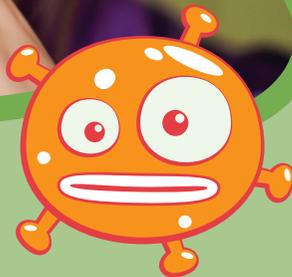


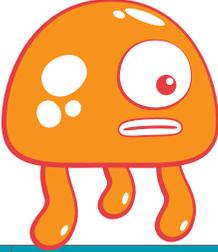
A Parent's Guide to Flu Season



Elizabeth Pantley

Bestselling author of
The No-Cry Sleep Solution

Solve the Flu Mystery: Know the Facts



Quick Quiz – True or False?
What do you know about the flu?

	Question	True	False
1	Flu season can run from October to May. ¹		
2	The flu can cause mild to severe illness, and in some cases, can lead to significant complications including hospitalization or death. ²		
3	More children go to the hospital because of flu complications than any other vaccine-preventable disease. ³		
4	Human beings cannot develop immunity to the flu because the virus that causes it is always changing. ⁴		
5	Children may exhibit flu symptoms 1 to 4 days after the virus enters the body, but may infect others for more than 7 days after symptoms develop. ⁵		
6	Flu germs can live on surfaces for up to eight hours. ⁶		
7	Virus particles in coughs or sneezes can reach up to six feet away. ⁶		
8	Children have developing immune systems, so they catch a flu virus easier than adults. ⁷		
9	It can be hard to tell the difference between a cold, flu, and other seasonal viruses. ⁸		
10	There are two ways in which an eligible child may be vaccinated for the flu: nasal-spray or flu shot. ²		

Answers: All of these statements are TRUE!

Who should be concerned about the flu? You should!

Have you ever noticed that the flu season occurs during the school year? In the Northern Hemisphere, it can stretch from October all the way to May, typically peaking between December and March.^{1,9} When groups of children spend their days together at school, they share more than pencils, books, and a drinking fountain. They unknowingly share the germs that carry cold and flu viruses.⁵

When your child gets the flu it affects the entire family. Parents must arrange time away from work and other responsibilities. Your children will likely have to stay at home, and you with them – and all the while germs (and possibly viruses including the flu) are slowly spreading along every surface in your home, and in the air you breathe. Over time, other family members can contract the flu, so your household can be affected for months. No parent wants to see a child suffer through an illness like the flu. School is missed, play-dates canceled, sports activities halted. And a sick, irritable child who requires all-day care becomes the primary focus of your time. The flu. It's definitely disruptive.

What exactly is the flu?

The flu is not just a bad cold!⁸ The flu, short for influenza, is an illness that can be much more serious than many people realize. Influenza is a highly contagious, viral infection of the respiratory tract (nose, throat, and lungs). The flu can be mild or severe, and it can potentially lead to significant complications that require hospitalization, and in some cases can be life-threatening.^{10,11} Every year about 20,000 young children in the U.S. are hospitalized from flu complications, such as pneumonia, dehydration, or infections.¹² Far beyond the discomfort it brings to a sick child, and the disruption to the household,

it's a force to be reckoned with. According to the Centers for Disease Control and Prevention (CDC), influenza-related complications cause more children to be hospitalized than any other vaccine-preventable disease.³

➡ **“You never know how you or your child will be affected by the flu. In less than 10 years, the flu went from the 65th to the 10th most common reason why children were hospitalized.”**

**– Laura Scott, executive director,
Families Fighting Flu¹³**

While colds are caused by over 200 different viruses, the flu is caused by only three types of a specific virus – types A, B, and C. Types A and B are those that cause flu epidemics.^{14,15} The virus evolves and undergoes changes over time, so the strain of flu varies from year to year. Human beings cannot develop immunity to the flu because of these constant changes.⁴ Based on surveillance data, the CDC decides on the influenza vaccine strains they anticipate will be most common in the upcoming influenza season.¹⁶ This is the formulation in your annual seasonal flu vaccine, whether it be a nasal-spray or flu shot.



It's important to keep your children healthy – for their sake, for your sake, and to protect all the other children and families in your community.

How the flu is spread.

Once the flu virus begins its seasonal journey, it's impossible to halt the spread of the flu, because once a person contracts the virus, the germs can be transmitted from person to person for a full day before symptoms ever appear.¹⁰ Children can also be contagious well into the second week of their illness – sometimes even after they have returned to daycare or school. So, children can spread the flu virus for a full day before any symptoms appear, while they are sick, and after most of their symptoms are gone! What's even more shocking is that some people can be infected with the flu virus and spread it to others while never having symptoms themselves.⁵

Why children are more vulnerable to flu germs.

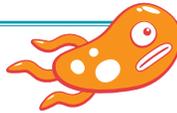
Influenza is a contagious disease, and flu viruses are passed easily among children who spend their days together.⁵ In addition,

children's immune systems are not yet fully developed, so they are more susceptible to viruses.⁷ Children are two to three times more likely than adults to contract the flu.¹¹ Children younger than 2 years old are more susceptible to complications from the flu,⁷ so families with babies, toddlers, or pregnant moms need to be extra vigilant in keeping the germs out of their homes.¹⁷

How does your child catch the flu?

If your child has had a flu shot or nasal-spray vaccine, your child will have built up substances, called antibodies, to protect him or her.¹⁶ If your child has not been vaccinated, the germs can enter your child's body through the nose or mouth. Germs find their way either by air (breathing in the particles that have been released by an infected person's cough or sneeze) or by hand (touching an infected person or object and then touching the mouth or nose).¹⁸

TRAVELING GERMS



In any daycare or school, on any given day, flu germs are finding their way around the building. A full day before a child even feels sick, this unsuspecting little person is carrying the virus everywhere he goes.^{5,15} If he's like many children, he doesn't adequately or properly wash his hands during the course of the day. He spends his time touching school supplies, toys, gym equipment, drinking fountains, and other children's hands. The germs he leaves behind can live on the surfaces he's touched for up to eight hours.⁶

This child sits in close contact to others in the classroom, and

joins a table full of children at lunchtime. If he coughs or sneezes – and even when he talks enthusiastically – the tiny droplets from his actions can reach up to six feet away.⁶ He may even decide to share a cookie from his lunch with his friends, giving the germs an even easier way to travel.

This child may feel well, but the flu virus is brewing beneath the surface. He is quietly and unknowingly spreading the virus throughout the school.^{5,15}

The next day, this child feels sick and stays home to recover. However, a new group of children begin to spread the

germs, and within days classrooms are smaller due to the large numbers of children who are home sick.

In the meantime, each sick child's mother or father is rushing off to the store for comfort foods, beverages, and medication for their child. These parents are inadvertently leaving their own flu germs on grocery carts, the pin pad at the register, and on the gas pump.

This quiet movement of flu germs explains how the flu becomes widespread through a home, a school, a city, and even beyond.

The difference between a cold and the flu.

Colds and the flu are both respiratory illnesses, but originate from different viruses. The flu tends to cause more discomfort than a cold, but sometimes it can be difficult to tell the difference, and at times a test must be done at a medical office to determine which illness is present.⁹ If you identify the flu early in the episode then your healthcare professional can monitor your child's condition.

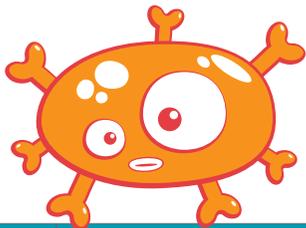
This chart can help you to identify if your child is dealing with the common cold or influenza. This knowledge will aid you in deciding how to best help your child recover. This is important because while the cold is an annoyance, the flu can have serious complications⁶; and you can be on the lookout for signs that it's time to call your healthcare provider. (Note that many of these symptoms are also signs of allergies; however, allergy symptoms never include fever or body aches, and are related to exposure to an allergen.)^{19,20}

If your child has a cold or the flu, he or she will have some, or even all, of these symptoms:

Symptoms of Colds and the Flu	Cold	Flu
Symptoms ⁸	typically appear gradually	typically appear abruptly
Symptoms are primarily in the head (nose and throat) ⁸	✓	
Symptoms are throughout the entire body ⁸		✓
Fever ^{8,21}	none to mild	moderate to high, lasting several days
Chills ²¹		✓
Warm, flushed skin ²²		✓
Cough ^{15,23}	✓	✓
Sneezing ²³	✓	✓
Sore throat ^{15,23}	✓	✓
Runny or stuffy nose ^{15,23}	✓	✓
Body aches (joints and muscles) ^{21,23}	mild	moderate to severe
Headache ^{23,24}	mild	mild to severe
Tiredness, weakness, or exhaustion ⁸	mild	mild to severe
Irritability ²⁴		✓
Vomiting ²⁴		✓
Diarrhea ²⁴		✓
Red or watery eyes ^{22,23}	✓	✓

The flu can sometimes lead to complications such as a bacterial infection, bronchitis, pneumonia, sinus infection, or ear infection.²¹ If your child has a fever over 100.4°F (38.0°C), or has symptoms not on this list or that continue to worsen, it is important to call your healthcare provider or local hospital help line for guidance.²³

Keeping Kids Healthy: Preventing the Flu



Quick Quiz – True or False?

Flu prevention

	Question	True	False
1	Kids in America missed 38 million days of school in one year because of the flu. ²⁵		
2	A flu vaccine is the single best protection against the flu. ¹⁶		
3	It is recommended that everyone 6 months and older get a flu vaccine each year, as soon as they are available. ²		
4	You cannot get the flu from a flu vaccine. ¹⁶		
5	Clean hands help save lives. ²⁶		
6	You need to lather and scrub your hands for 20 seconds to remove germs. ²⁶		
7	To help stop the spread of germs, you should cough or sneeze into a tissue. ²⁷		
8	You should wait 24 hours after your child no longer has a fever before sending him or her to school, daycare, social, or sporting events. ¹¹		
9	There is a big difference between <i>cleaning</i> and <i>disinfecting</i> . ²⁸		
10	Children who don't get enough sleep may be more likely to get the flu. ²⁹		

Answers: All of these statements are TRUE!

Why prevention is the key.

Every year in the United States, as many as 20 percent of people can get the flu.¹ More than 200,000 of those people develop complications that result in a hospital visit and 20,000 of them are children under the age of 5.^{1,13}

Our best line of defense against the flu is prevention: learning and following the effective ways we know to prevent influenza from affecting our families, our schools, and our communities. To help you remember the best ways to keep your family flu-free, you can learn the **A, B, Cs of Flu Prevention**.

✓ **A** – Annual Vaccine ✓ **B** – Be Healthy Handed ✓ **C** – Capture the Germs

A: Annual Vaccine

Flu vaccines: Why do we need them?

Being sick is no fun. Having the flu is not the kind of sickness that lets you go about your day with a pocket full of tissues and a red nose. It's the lie-in-bed-being-miserable kind of sick. And even worse, it's the infect-every-one-around-you kind of sick. So when someone in the family contracts the flu it becomes a threat to everyone in the house.

Kids with the flu often miss school. A lot of school! The CDC reported that a combined total of 38 million days of school *in one year* (1996) were missed by American students due to the flu.^{25,30}

Cost of the flu

A 2012 study showed that indirect costs based on inpatient, ER patient, and outpatient visits from influenza-related illness in children less than 5 years old resulted in the following:

- ➔ Medical expenses ranged from about \$300 to \$4,000 each.³¹
- ➔ \$52 to \$178 per child was spent on flu-related out-of-pocket costs.³¹
- ➔ Parents missed between 11 and 73 hours of work caring for their sick children.³¹

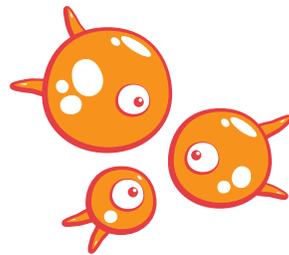
There is also a very real emotional cost for parents – that is the worry and sleepless nights they suffer during their child's illness. This all amounts to a far greater cost than a quick visit to a doctor's office, clinic, or pharmacy for a flu vaccine!

➔ **“The single best way to protect your children from the flu is to get them vaccinated each year.”**

– Centers for Disease Control and Prevention (CDC)¹²

Flu vaccines: How do they prevent disease?

Children are born with immune systems that recognize germs as unwanted invaders (antigens) and attack them with antibodies. Vaccines contain the same antigens that cause a disease, but in a dead or weakened form – however, they still cause the body to create antibodies to fight it off. These vaccine-created antibodies will help protect your child if the actual disease germs enter the body.³² Vaccines protect your children just like child-proof cabinet latches, bike helmets, and car seats.





Where can we get a flu vaccine?¹⁶

It is easy for the whole family to get vaccinated! There are a variety of convenient places where you can go:



Your pediatrician or family doctor



A health clinic or urgent care clinic



A pharmacy



Your child's school



Your employer's health department

If you don't know where to get a flu vaccine in your area, you can visit a free online service to view all your options — The Flu Vaccine Finder:

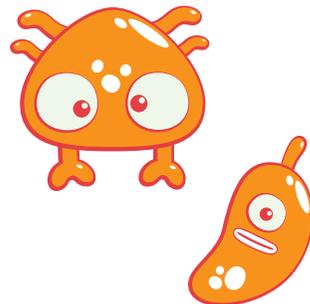
<http://flushot.healthmap.org>

Does a flu vaccination guarantee that I won't get the flu?

Life rarely carries guarantees, and a flu vaccination is no different. A new vaccine formulation must be developed each year to protect against the common influenza viruses of the season.¹⁶

Improvements in science have also resulted in new types of flu vaccines. Historically, seasonal flu vaccines have protected against three subtypes of influenza viruses that commonly circulate among people today: influenza A (H1N1) viruses, influenza A (H3N2) viruses, and influenza B viruses.¹⁶ In these vaccines (known as “trivalent”), one flu virus of each kind is used to produce seasonal influenza vaccines.¹⁶

Now, vaccines are available (nasal-spray and shot) that work to help protect against two subtypes of influenza A, and also two lineages of influenza B. The inclusion of a second B strain in these vaccines (known as “quadrivalent”) helps provide additional protection against influenza B strains that may circulate in the next flu season.³³



Flu vaccination: What are your options?

Most people don't realize there are options when it comes to a seasonal flu vaccination. You should also talk to your healthcare provider about your options.

PEDIATRIC FLU VACCINE OPTIONS

Question	Flu Shot	Nasal-Spray
How it is administered? ¹⁶	Injection by needle, usually in upper arm	One spray in each nostril
Does it cause the flu? ¹⁶	No	No
How often do you do get it? ¹⁶	Once a year, preferably at the start of flu season*	Once a year, preferably at the start of flu season*
Is it mercury-free? ^{34**}	Varies Ask about the specific vaccine being used	Yes
Is it thimerosal-free (a mercury-based preservative)? ^{35**}	Varies Ask about the specific vaccine being used	Yes
Is it latex-free? ³⁶	Varies Ask about the specific vaccine being used	Yes
Possible common side effects ³⁷	Soreness, redness, or swelling at the area of the injection, fever, aches, nausea	Runny nose, fever, headache, wheezing, vomiting, muscle aches
Is the vaccine monitored by the Vaccine Adverse Event Report System (VAERS) by the CDC and FDA? ³⁷	Yes	Yes
Who is this vaccine approved for? ¹⁶	People older than 6 months of age, including healthy people and those with chronic medical conditions	Healthy people between ages 2 through 49 who are not pregnant
Who should NOT get this vaccine? ³⁸	People with severe allergic reactions to eggs and those who have experienced previous flu vaccine reactions Your doctor will help you decide whether this vaccine is recommended for you.	People with severe allergic reactions to eggs, those on aspirin therapy, pregnant women, people with chronic health conditions, and those who have experienced previous flu vaccine reactions Your doctor will help you decide whether this vaccine is recommended for you.

Learn more about all options here: <http://www.cdc.gov/flu/protect/keyfacts.htm>

* Some young children will require two doses of the vaccine. Your healthcare provider will advise you.

** Mercury is added to flu vaccines as a preservative and is an ingredient in the preservative thimerosal.

This chart is for reference only; talk to a healthcare professional for more information. Pregnant women and people with chronic health conditions (like asthma), previous flu vaccine reactions, those on aspirin therapy, or with allergies to eggs or other substances should talk to a healthcare professional before getting a vaccination.³⁷

B: Be Healthy Handed

Here's an interesting experiment: observe your child for a day and take note of all the things that he or she touches. Here's the high-lights from one mom's log of her daughter's *hand-ventures*:

- ➔ Puts on (dirty) shoes
- ➔ Takes dog for walk (bags dog waste!)
- ➔ At park (swings, slides, climbs)
- ➔ Rides friend's scooter
- ➔ Uses germ-laden park bathroom, and – oops – forgets to wash hands!
- ➔ At home, removes (even dirtier) shoes
- ➔ Grabs grapes from a bowl on the counter and a handful of chips from the bag
- ➔ Plays with dog; feeds hamster
- ➔ Sets table for dinner (handling plates, forks, and spoons)

Once you realize how many germs can be transferred by hand to land throughout your house, you'll hopefully be inspired to teach your child how to slow the spread of germs with one simple yet powerfully effective instruction: *Wash your hands!* The CDC isn't kidding around on this point. They claim:

“Clean Hands Save Lives.”²⁶

Keep on scrubbing!

When you brush your teeth, do you wet the brush and take a quick swipe across your teeth? Or, do you add toothpaste and brush for a minute or two to really clean your teeth? Proper hand-washing follows the same principle. A quick dip under plain water doesn't clean your hands. To remove the germs you

must add soap and scrub for about 20 seconds – long enough to sing the Happy Birthday song twice.²⁶

Water: Hot, warm, or cold?

When it comes to hand-washing, the type of soap and the temperature of the water are not as important as the technique and length of time spent washing. Hot water is not recommended, as even an adult's hands can get scalded at the high temperature needed to remove bacteria. Your child can use cold or warm water – whatever is most available – as long as he or she uses soap and scrubs up!³⁹

Hand Hygiene: Teach your kids to be less “hand-y.”

Even though you preach the hand-washing mantra, there will still be plenty of times between scrubbing that germs linger on your child's hands just looking for a place to go. It's a quick and direct trip for germs to be passed from hand to eye, nose, or mouth. So teach your children to keep their hands away from their faces.

Habits like nail chewing, nose-picking, and eye-rubbing all carry the potential for an easy transfer of bacteria and dirt from hand to body.^{40,41}

For your kids: The right way to wash your hands to remove germs

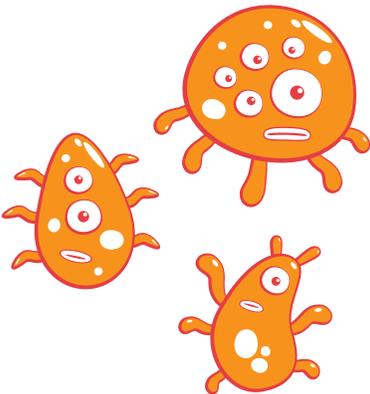
- 1 Wet your hands with clean water.**
- 2 Rub, scrub, and lather with soap for 20 seconds. (Sing the Happy Birthday song twice!)**
- 3 Rinse with clean, running water.**
- 4 Dry with a clean towel or air dryer.**

***If soap and water are not available, use an alcohol-based hand sanitizer.²⁶**

C: Capture the Germs

In the “old days” kids were taught to cover their mouths for a cough or sneeze with their hands – consequently carrying around germs and passing them along to doorknobs, sink faucets, kitchen dishes, and everything – and everyone – they touched. Then, kids learned to use their sleeves to catch a cough or sneeze. While this is a better choice than a bare hand, many kids haphazardly use this technique with a sleeve that is badly positioned, or too far away to catch the spray of saliva that carries germs. And pity the poor mother or father who handles a hamper full of dirty, germ-ridden shirt-sleeves!

The best technique is to get your child in the habit of keeping a tissue in his or her pocket, or on his or her desk, and to catch that cough or sneeze with the tissue and throw it immediately away in the trash.⁴² If a tissue is not available, teach your child how to aim directly into the upper sleeve or crook of his or her elbow to prevent overshooting the sleeve during this action. Make sure to request that dirty shirts go directly to the laundry!⁴³ If your kids happen to cough or sneeze into their hands, coach them to immediately find a sink to wash up with soap and water. If one is not available, use a bottle of alcohol-based hand sanitizer.²⁶



Distance the germs!

In today’s world it’s almost impossible to prevent your children from coming into contact with someone who has a cold or the flu. The best approach is to teach your children how to tell if someone is sick – people who are coughing, sneezing, have a red nose, or a stuffed-up voice. Let your children know to keep their distance from anyone who appears to be sick.

For Your Kids: Capture the Germs

- 1 Use a tissue to catch your cough or sneeze.
- 2 Throw it away – immediately.
- 3 Wash your hands.⁴²

***If you don’t have a tissue, capture the germs in your sleeve.**



To school or not to school? Daycare or stay-home-care?

If your child has a sniffle or a cough, it's always a guessing game. "Do I keep my child home from school, sports events, social activities, or daycare?" You might wonder, "Is it a cold, or could it be the flu?"

Talk to a healthcare professional to decide if it's right to keep your child home for a sick day – to help them recover and to prevent illness from being spread to other children, teachers, staff, and the families and people with whom they come in contact.

Disinfect to protect!

One final way to distance your children from flu germs is to clean and disinfect your home and the germ-laden surfaces and items that you touch.⁴⁸ Remember that flu germs can live on a surface for up to eight hours.⁶

It's important to know the difference between *cleaning* and *disinfecting*. According to the CDC:

- **Cleaning** removes germs and dirt with soap or detergent. It does not necessarily kill germs, but by removing them reduces the risk of spreading infection.
- **Disinfecting** kills germs by using chemicals designed for that job. It doesn't necessarily clean dirty surfaces or remove germs, but by killing them it can further lower the risk of spreading infection.²⁸

➔ Bottom Line: Keep the flu out of your home this year.

As a parent, there are many things you can do to keep your family healthy; things that reduce everyone's risk of getting the flu. Make sure that your children – and you – eat healthy foods, get plenty of exercise, adequate sleep, and follow the ABCs of flu prevention. Here's to a healthy, flu-free year!^{41,44}



For more information, please visit: www.facebook.com/dontwaitvaccinate.



Does your child's school offer in-school vaccination? Find the required consent form below.

Annual Influenza Vaccine Consent Form

Section 1: Information about child to receive vaccine (please print)

STUDENT'S NAME (Last)		(First)	(M.I.)	STUDENT'S DATE OF BIRTH month _____ day _____ year _____	
PARENT/LEGAL GUARDIAN'S NAME (Last)		(First)	(M.I.)	STUDENT'S AGE	STUDENT'S GENDER M / F
ADDRESS			PARENT/GUARDIAN DAYTIME PHONE NUMBER:		
CITY	STATE	ZIP			
STUDENT'S DOCTOR'S NAME (Last, First)		Address	City	Zip	
SCHOOL NAME		HOMEROOM TEACHER'S NAME		GRADE	

Section 2: Screening for vaccine eligibility Please mark YES or NO for each question.

Has your child been vaccinated with the seasonal influenza vaccine after July 1, 2013? Y ___ N ___

The following four questions will help us know if your child can get the intranasal influenza vaccine. If you answer "NO" to all of them, your child can probably get the influenza vaccine. If you answer "YES" to one or more of the following questions, your child may be able to get the seasonal influenza vaccine, but we will contact you to discuss your options.	YES	NO
1. Does your child have a serious allergy to eggs?		
2. Does your child have any other serious allergies? Please list: _____		
3. Has your child ever had a serious reaction to a previous dose of flu vaccine?		
4. Has your child ever had Guillain-Barré Syndrome (a type of temporary severe muscle weakness) within six weeks after receiving a flu vaccine?		
There are two kinds of seasonal influenza vaccine. Your answers to the following questions will help us know which of the two kinds of vaccine your child can get.		
1. Has your child been vaccinated with any vaccine (not just flu) within the past 30 days? Vaccine: _____ Date given: month _____ day _____ year _____		
2. Does your child have any of the following: asthma, diabetes (or other type of metabolic disease), or disease of the lungs, heart, kidneys, liver, nerves, or blood?		
3. Is your child on long-term aspirin or aspirin-containing therapy (for example, does your child take aspirin every day)?		
4. Does your child have a weak immune system (for example, from HIV, cancer, or medications, such as steroids or those used to treat cancer)?		
5. Is your child pregnant?		
6. Does your child have close contact with a person who needs care in a protected environment (for example, someone who has recently had a bone marrow transplant)?		

Section 3: Consent

CONSENT FOR CHILD'S VACCINATION:

I have read or had explained to me the 2013-2014 Vaccine Information Statement for the seasonal influenza vaccine and understand the risks and benefits.

___ I GIVE CONSENT to the _____ and its staff for my child named at the top of this form to be vaccinated with this vaccine. (If this consent form is not signed, then your child will not be vaccinated)

___ I DO NOT GIVE CONSENT to the _____ and its staff for my child named at the top of this form to be vaccinated with this vaccine.

Signature of Parent/Legal Guardian _____

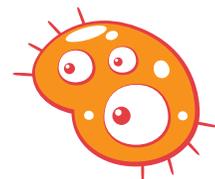
Date: month ____ day ____ year _____

Section 4: Vaccination record

Vaccine	Route	Date Dose Administered	Vaccine Manufacturer	Lot Number	Name and Title of Vaccine Administrator
Influenza		/ /			

References

1. U.S. Department of Health & Human Services. Seasonal Flu. http://www.flu.gov/about_the_flu/seasonal/index.html. Accessed April 30, 2013.
2. Centers for Disease Control and Prevention. Key Facts About Influenza (Flu) & Flu Vaccine. <http://www.cdc.gov/flu/keyfacts.htm>. Accessed May 2, 2013.
3. Centers for Disease Control and Prevention. Seasonal Flu Information for Schools & Childcare Providers. <http://www.cdc.gov/flu/school/>. Accessed April 30, 2013.
4. U.S. Department of Health & Human Services. How the Flu Virus Changes. http://www.flu.gov/about_the_flu/virus-changes/index.html. Accessed April 30, 2013.
5. Centers for Disease Control and Prevention. How Flu Spreads. <http://www.cdc.gov/flu/about/disease/spread.htm>. Accessed April 30, 2013.
6. National Institute of Allergy and Infectious Diseases. Transmission. <http://www.niaid.nih.gov/topics/Flu/understandingFlu/Pages/transmission.aspx>. Accessed April 30, 2013.
7. U.S. Department of Health & Human Services. Children & Infants. <http://www.flu.gov/at-risk/children/index.html>. Accessed April 30, 2013.
8. Centers for Disease Control and Prevention. Cold Versus Flu: Questions and Answers. <http://www.cdc.gov/flu/about/qa/coldflu.htm>. Accessed April 30, 2013.
9. Centers for Disease Control and Prevention. The Flu Season. <http://www.cdc.gov/flu/about/season/flu-season.htm>. Accessed April 30, 2013.
10. Centers for Disease Control and Prevention. Flu & You. http://www.cdc.gov/flu/pdf/freeresources/updated/fluandyou_upright.pdf. Accessed April 30, 2013.
11. National Institute of Allergy and Infectious Diseases. Flu (Influenza): Overview. <http://www.niaid.nih.gov/topics/Flu/understandingFlu/Pages/overview.aspx>. Accessed April 30, 2013.
12. Centers for Disease Control and Prevention. Children, the Flu, and the Flu Vaccine. <http://www.cdc.gov/flu/protect/children.htm>. Accessed April 30, 2013.
13. Families Fighting Flu. Flu Survivor Calls Attention to Severity of Disease in New Families Fighting Flu PSA. <http://www.familiesfightingflu.org/wp-content/uploads/FINAL-PSA-Press-Release-10-18-111.pdf>. Accessed May 2, 2013.
14. National Institute of Allergy and Infectious Diseases. Common Cold: Cause. <http://www.niaid.nih.gov/topics/commonCold/Pages/cause.aspx>. Accessed April 30, 2013.
15. American Academy of Pediatrics. Flu (Influenza). <http://www.healthychildren.org/english/health-issues/vaccine-preventable-diseases/Pages/Flu-%28Influenza%29.aspx?nfstatus=401&nftoken=00000000-0000-0000-0000-000000000000&nftatusdescription=ERROR%3a+No+local+token&nftatus=401&nftoken=00000000-0000-0000-0000-000000000000&nftatusdescription=ERROR%3a+No+local+token&nftatus=401&nftoken=00000000-0000-0000-0000-000000000000&nftatusdescription=ERROR%3a+No+local+token&nftatus=401&nftoken=00000000-0000-0000-0000-000000000000&nftatusdescription=ERROR%3a+No+local+token>. Accessed April 30, 2013.
16. Centers for Disease Control and Prevention. Key Facts About Seasonal Flu Vaccine. <http://www.cdc.gov/flu/protect/keyfacts.htm>. Accessed May 3, 2013.
17. National Institute of Allergy and Infectious Diseases. Flu (Influenza): Prevention. <http://www.niaid.nih.gov/topics/Flu/understandingFlu/Pages/prevent.aspx>. Accessed April 30, 2013.
18. Centers for Disease Control and Prevention. The Flu: A Guide for Parents. http://www.cdc.gov/flu/pdf/freeresources/updated/a_flu_guide_for_parents.pdf. Accessed April 30, 2013.
19. WebMD. Is It a Common Cold or Allergies? <http://www.webmd.com/cold-and-flu/cold-guide/common-cold-or-allergy-symptoms>. Accessed April 30, 2013.
20. Centers for Disease Control and Prevention. Health Communications: Allergies. <http://www.cdc.gov/healthcommunication/toolstemplates/entertainmented/tips/allergies.html>. Accessed May 7, 2013.
21. Centers for Disease Control and Prevention. Flu Symptoms & Severity. <http://www.cdc.gov/flu/about/disease/symptoms.htm>. Accessed May 2, 2013.
22. Medscape. Is It a Cold, Influenza, or Pneumonia? http://www.medscape.com/viewarticle/467471_2. Accessed May 3, 2013.
23. Centers for Disease Control and Prevention. Common Cold and Runny Nose. <http://www.cdc.gov/getsmart/antibiotic-use/URI/colds.html>. Accessed May 2, 2013.
24. American Lung Association. Cold and Flu Guidelines. <http://www.lung.org/lung-disease/influenza/in-depth-resources/cold-and-flu-guidelines.html>. Accessed May 2, 2013.
25. Centers for Disease Control and Prevention. Infectious Diseases at School. <http://www.cdc.gov/healthyyouth/infectious/index.htm>. Accessed May 3, 2013.
26. Centers for Disease Control and Prevention. Handwashing: Clean Hands Save Lives. <http://www.cdc.gov/handwashing/>. Accessed May 2, 2013.
27. Centers for Disease Control and Prevention. Cover Your Cough. <http://www.cdc.gov/flu/protect/covercough.htm>. Accessed May 2, 2013.
28. Centers for Disease Control and Prevention. How To Clean and Disinfect Schools To Help Slow the Spread of Flu. <http://www.cdc.gov/flu/school/cleaning.htm>. Accessed May 3, 2013.
29. WebMD. Coping With Excessive Sleepiness. <http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/immune-system-lack-of-sleep>. Accessed May 2, 2013.
30. Centers for Disease Control and Prevention. Current estimates from the National Health Interview Survey, 1996. National Center for Health Statistics. *Vital Health Stat.* 1999;10(200).
31. Ortega-Sanchez IR, Molinari NM, Fairbrother G, et al. Indirect, out-of-pocket and medical costs from influenza-related illness in young children. *Vaccine.* 2012;30:4175-4181.
32. Centers for Disease Control and Prevention. How Vaccines Prevent Disease. <http://www.cdc.gov/print.do?url=http://www.cdc.gov/vaccines/vac-gen/howvpd.htm>. Accessed May 2, 2013.
33. U.S. Food and Drug Administration. Vaccines, Blood & Biologics: Influenza Virus Vaccine for the 2013-2013 Season. <http://www.fda.gov/BiologicsBloodVaccines/GuidanceComplianceRegulatoryInformation/Post-MarketActivities/LotReleases/ucm343828.htm>. Accessed May 3, 2013.
34. Centers for Disease Control and Prevention. Seasonal Influenza Vaccine Supply for the U.S. 2012-13 Influenza Season. <http://www.cdc.gov/flu/about/qa/vaxsupply.htm>. Accessed May 2, 2013.
35. Centers for Disease Control and Prevention. Thimerosal and 2012-2013 Seasonal Flu Vaccines: Questions and Answers. <http://www.cdc.gov/flu/protect/vaccine/thimerosal.htm>. Accessed May 2, 2013.
36. American Latex Allergy Association. 2012-2013 Flu Vaccine Information. <http://www.latexallergyresources.org/news/2012-2013-flu-vaccine-information>. Accessed May 2, 2013.
37. Centers for Disease Control and Prevention. 2012-2013 Seasonal Influenza Vaccine Safety: Questions & Answers. <http://www.cdc.gov/flu/protect/vaccine/general.htm>. Accessed May 2, 2013.
38. Centers for Disease Control and Prevention. Who Should Get Vaccinated Against Influenza. <http://www.cdc.gov/flu/protect/whoshouldvax.htm>. Accessed May 22, 2013.
39. Handwashingforlife. Handwashing water: What temperature? <http://www.handwashingforlife.com/>. Accessed May 3, 2013.
40. Centers for Disease Control and Prevention. Nail Hygiene. http://www.cdc.gov/healthyyouth/hygiene/hand/nail_hygiene.html. Accessed May 2, 2013.
41. Centers for Disease Control and Prevention. Preventing the Flu: Good Health Habits Can Help Stop Germs. <http://www.cdc.gov/flu/protect/habits.htm>. Accessed April 30, 2013.
42. Centers for Disease Control and Prevention. CDC Says "Take 3" Actions To Fight The Flu. <http://www.cdc.gov/flu/protect/preventing.htm>. Accessed May 3, 2013.
43. Centers for Disease Control and Prevention. Coughing & Sneezing. http://www.cdc.gov/healthyyouth/hygiene/etiquette/coughing_sneezing.html. Accessed May 3, 2013.
44. Parenting. Cold & Flu. <http://www.parenting.com/health-guide/cold-flu/prevention>. Accessed May 3, 2013.



About the Author

Parenting educator Elizabeth Pantley is president of Better Beginnings, Inc., a family resource and education company. Elizabeth is frequently quoted as a parenting expert in newspapers and magazines worldwide and on thousands of parent-directed websites. She publishes newsletters that are distributed in schools, daycares, medical offices, childbirth educator programs, and parent programs everywhere.

Elizabeth is the author of eleven popular parenting books, available in 27 languages, including the best-selling No-Cry Solution series:



The No-Cry Picky Eater Solution

The No-Cry Separation Anxiety Solution

The No-Cry Discipline Solution

The No-Cry Sleep Solution

The No-Cry Sleep Solution for Toddlers and Preschoolers

The No-Cry Potty Training Solution

The No-Cry Nap Solution

Elizabeth and her husband, Robert, are the parents of four children. For more information, excerpts, and parenting articles visit the author's website at: <http://www.nocrysolution.com> or join her on Facebook at: <https://www.facebook.com/ElizabethPantleyNoCryAuthor>.

Disclaimer

This book provides a variety of ideas and suggestions. It is provided with the understanding that the publisher and author are not rendering medical or professional advice. The author is not a doctor and the information in this book is the author's opinion unless otherwise stated. This material is presented without any warranty or guarantee of any kind, expressed or implied, including but not limited to implied warranties of merchantability or fitness for a particular purpose. It is not possible to cover every eventuality, and the reader should consult a professional for individual needs. Readers should bring their child to a healthcare provider for regular checkups. This book is not a substitute for competent professional healthcare.



For more information, please visit: www.facebook.com/dontwaitvaccinate.