**Information for Parents:**

**Updated September 2022**

**SAMPLE: Communications to family members re: The Importance of Flu Vaccines \*\*Please note this is a sample of a communication you can provide to your patients/families. Please feel free to customize for your individual practice.**

**Sample Letter to Parents Re: Flu Vaccine 2022**

Dear Parents:

Flu season is here and we want you and your family to be protected from the flu. (Name of Practice) currently has this year’s vaccine in stock and are administering vaccinations now. As vaccines provide the greatest protection against the flu, COVID-19, and other communicable diseases, it is important to schedule your child’s vaccine appointment now. The flu virus can spread rapidly through the community and present difficulties and challenges for children which could include hospitalization, and in the most severe cases, death. It is also possible for both viruses, as well as others, to be circulating at the same time, which makes it important to have both vaccines and boosters, if eligible.

According to the American Academy of Pediatrics (AAP), the flu vaccine is particularly important for infants up to age five, children with chronic medical conditions, children of American Indian/Alaskan Native heritage, healthcare providers, childcare workers, pregnant women, those who have recently delivered and those mothers who are breastfeeding.

If your child requires a two dose regimen, you need to schedule two appointments at least 4 weeks between each dose. Immunity develops approximately two weeks after the first dose for those only needing one dose, and two weeks after the second dose for those needing two doses.

There are two types of flu vaccines available this year. One is what is referred to as a “flu shot,” and the other is a nasal spray. Both of these vaccines will protect children from four different flu viruses.

Communicating with your healthcare provider about any concerns you may have about the safety of vaccines and the benefits provided, as well as which type to consider is an important part of your discussion with your child’s healthcare provider. The AAP and the CDC both recommend an annual flu vaccine for children and are recommending the flu vaccine be administered by the end of October this year.

Please call now to schedule your child’s flu vaccine appointment. If your child is due for a well-check or any other immunizations which have been delayed, please let us know. We will attempt to complete everything during one visit.

For more information on the flu, visit [www.healthychildren.org](https://healthychildren.org/English/health-issues/conditions/flu/Pages/which-flu-vaccine-should-my-child-get-this-year.aspx)

Thank you for your continued trust in (Name of Pediatrics).