

Frequently Asked Questions

What is flu?

Flu is a contagious illness caused by flu viruses. It can spread when someone coughs or sneezes. Symptoms include fever, headache, tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Children can also have other symptoms such as nausea, vomiting, and diarrhea.

People with flu are most contagious during the first three days of their illness.

Who should get the flu vaccine?

The CDC recommends an annual flu vaccine for everyone 6 months of age and older.

Is the flu vaccine safe?

Yes. The flu vaccine has a low risk of serious side effects. Common side effects include a mild fever and pain, redness, or swelling where you received the vaccine.

For more information, please contact your doctor, local health department, or the Texas Department of State Health Services Immunization Section at 800-252-9152 or go to texasflu.com.



Learn more about protecting schools and childcare facilities from the flu.



Texas Department of State Health Services

Texas Department of State Health Services
Immunization Section
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Little Kids Get the Flu Too

**Essential Tips
for Keeping
Your Little Ones
Healthy During
the Flu Season**



We Can Prevent Flu

After the tragic passing of 3-year-old Emily Lastinger from flu complications, the Texas Legislature passed the Emily Lastinger Act in 2007. This law says childcare facilities must share vaccine information publicly.

Since young children are at higher risk of developing flu complications, it's important that parents and guardians vaccinate their children. You should also keep your child at home from school if your child does get sick. The flu is detectable one day before symptoms appear and up to seven days after becoming sick. Young children may be contagious for even longer.



Emily Lastinger
2001 - 2004
Colleyville, TX

- Flu impact stories provided by Families Fighting Flu



How can I prevent flu?



Get a yearly flu vaccine.



Avoid close contact with people who are sick.



Stay home from work or school when you are sick.



Sneeze or coughing into your elbow or a tissue.



Wash your hands often using soap and water for at least 20 seconds.

If you or your child gets flu, seek medical attention if symptoms get worse.

Flu symptoms



Fever



Headache



Tiredness



Dry cough



Sore throat



Runny/
stuffy nose



Muscle
aches



Chills

Flu Impact: Kaden's Story

Not The Common Cold

On December 23, 2022, Michele Stevenson saw that her 7-year-old son Kaden was sick and not his usual self. Kaden was a usually healthy and active young boy who did martial arts and played soccer. She didn't think much of it — it was probably a cold.

After about four days Michele saw no improvement. Kaden now had pain and swelling in his right leg and a rash. Michele took Kaden to the emergency room.



The Diagnosis

The emergency room had Kaden airlifted to a specialist surgeon to relieve pressure in his right leg. The doctor at the specialty hospital said Kaden had type A flu and strep, which had weakened his immune system, contributing to an infection that led to toxic shock syndrome.

Complications And Recovery

Kaden had surgery to relieve the pressure, but both legs needed amputations. After rehab and time to heal, Kaden says he has "robot legs." Michele wants other parents to not let their busy lives get in the way of their children's routine flu vaccines.

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