

Protecting Your Newborn from Flu

Children younger than six months old are at a high risk of serious complications if they get the flu. While older children can get an annual flu shot, flu vaccines are not safe for babies younger than 6 months. Until your baby can be safely vaccinated, as a parent, it is important to do all you can to protect your newborn from the flu. Follow this checklist for ways you can keep your newborn safe.

DO: Get a flu vaccine yourself and make sure everyone in your household and any caregivers also get a flu shot each year. If the people around your baby don't get the flu, it will help protect your baby too.

DO: Stay away from anyone who is sick. This goes for you too. If you get flu symptoms, stay away from others when possible, and ask your partner or loved one to care for your baby while you are sick.

DO: Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away after you use it and wash your hands. **DO:** Wash your hands often with soap and water. If you cannot wash your hands, use a hand sanitizer with at least 60% alcohol.

DO: Clean and disinfect frequently touched surfaces, especially when someone in your household is sick. **DO:** Get your baby vaccinated against the flu at 6 months old. And stay up to date on all vaccinations.

DO NOT: Touch your eyes, nose, or mouth. These are all places where germs can enter your body.

Getting a flu shot for yourself, your loved ones, and anyone coming into contact with your baby is the best protection against the flu. If you have any questions about protecting your baby from the flu, talk to your baby's healthcare provider. Follow this checklist to prevent spreading the flu to your family and community.