



## It's flu season again!!! Time to get vaccinated.

### Who needs the flu vaccine?

The American Academy of Pediatrics recommends that most kids and their caregivers get the flu vaccine, especially children between the ages of 6 and 59 months, and those children with asthma or other chronic medical conditions. The cost is \$35 per vaccine.

Only children over 6 months of age can have the vaccine, and any child younger than 9 years of age who has never had the flu vaccine will need 2 shots separated by 1 month.

### Can I also get the flu vaccine?

Yes. We strongly encourage all parents and caregivers (i.e. grandparents, nannies, babysitters, extended family members, etc) to receive the flu vaccine, and we will be happy to vaccinate you for the same \$35 fee.

### Is there a flu shot alternative?

Yes, Flu-Mist which is a live nasal vaccine is approved for healthy children and adults between the ages of 5 and 49 who do not have a history of asthma or wheezing. Similar to the flu shot, children under 9 years of age who have never received Flu-Mist before will require a second dose. The cost of Flu-Mist is \$45 per dose.

### What if there is another flu vaccine shortage this year?

In the event of a shortage, Potomac Pediatrics reserves the right to prioritize vaccine administration and cancel flu clinics. Please check our website at [www.potomacpediatrics.com](http://www.potomacpediatrics.com) for any updates.

### When can we get the flu vaccine?

The vaccine will be available to all children and their caregivers at our express WALK-IN HOURS listed below. No appointment is necessary for these express walk-in hours! You may also receive the flu vaccine at your child's well-child exam. Please note that this year we will not be scheduling separate appointments for the flu vaccine.



To receive the flu vaccine, you may walk in without an appointment during the following office hours OR at our designated flu clinics.

OFFICE HOURS (except from 1 p.m. – 2 p.m.)  
every day in October and November.

Extended from December 1st through December 15th.

#### FLU CLINICS EVENINGS:

Thurs.,	November 2nd from 6 pm – 8 pm
Tues.,	November 7th from 6 pm – 8 pm
Thurs.,	November 16th from 6 pm – 8 pm
Wed.,	December 6th from 6 pm - 8 pm
Thurs.,	December 14th from 6 pm - 8 pm

PLEASE NOTE: If you feel your child needs to be seen by a doctor, you must call ahead to schedule a sick visit.