

## **A Minute of Health with CDC**

November 10, 2006

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

With the influenza season almost here, it's important to remember that young children are just as vulnerable to the complications of influenza as elderly adults. According to the CDC, children under 2 years of age have an increased chance of going to the hospital because of influenza.

So, how can you protect your children? The influenza vaccine is the best way to protect your children so make sure they, as well as the people who live with them, get their annual influenza vaccine.

The CDC recently changed its recommendations for childhood influenza vaccination. The CDC recommends a yearly influenza vaccine for all children between the ages of 6 months through their 5<sup>th</sup> birthday. Children getting vaccinated for the first time should get two doses of influenza vaccine spaced 1 month apart.

The best time to get the vaccines is during October and November, but even if December or January rolls around and you haven't gotten your children their influenza vaccines, it's not too late! So check with your children's health care provider now to find out when they will be offering the vaccines.

Be sure to join us next week on A Minute of Health with CDC.

To access the most accurate and relevant health information that affects you, your family, and your community, please visit [www.cdc.gov](http://www.cdc.gov).