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## **Don't Forget That Second Dose of H1N1 Flu Vaccine for Children Under 10**

*By Dr. Joann Schaefer, Nebraska's Chief Medical Officer*

As parents, we try to protect our children, keep them healthy and out of harms way. We sanitize and wash their hands, tell them to cover their cough and care for them if they're sick. We also need to make sure our kids are vaccinated against H1N1 flu.

Did you know that 15 percent of the entire country has been infected with H1N1, according to the Centers for Disease Control and Prevention? That's one in six people which means many of us are still susceptible, including children.

The traditional flu season is far from over. Nasty viruses still have the potential to pick up the pace and invade homes, schools and child cares. We know kids not only spread the flu, but they're more susceptible to complications. That's why it's important for children under 10, who've already received their first dose of H1N1 flu vaccine, to get a second shot in the arm or spray in the nose so they achieve full immunity.

If your kids haven't received any H1N1 vaccine yet, it's not too late. The H1N1 vaccine is safe and effective. Almost all children can benefit from getting it, especially those under 2 and those with chronic health conditions. The nasal spray vaccine is a great option for children who are afraid of needles. It's available for healthy kids 2 and up. Vaccine is plentiful so contact your health care provider or local health department.

As parents, getting our children vaccinated against H1N1 now will help protect them for months to come.