

Influenza Prevention in Children

Influenza (flu) is a contagious respiratory infection and a significant cause of illness in children.



Children under 5 years of age and children with chronic health conditions, such as heart or lung disease, are at a higher risk of experiencing severe influenza infection.

Influenza infection can be especially severe for children under 2 years of age.

Severe influenza infection can lead to pneumonia (lung infection), the worsening of medical conditions (such as asthma), and hospitalization.



Children between 6 months and 9 years of age who are receiving their influenza vaccine (flu shot) for the first time in their life need 2 doses to be fully protected.



New strains of influenza appear every year. Annual influenza immunization is safe and the most effective way to help protect your child against influenza infection.

Talk to your doctor, pediatrician, nurse, pharmacist, or local public health office about getting your child immunized against influenza.



References:

National Advisory Committee on Immunization (NACI). (2025.) Statement on seasonal influenza vaccines for 2025-2026. <https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/national-advisory-committee-immunization-statement-seasonal-influenza-vaccines-2025-2026.html>

Caring for Kids. (2021.) Influenza in children. https://caringforkids.cps.ca/handouts/health-conditions-and-treatments/influenza_in_children