

## Banner Children's helps kids 'Flu Shot Like a Hero'

Free coloring page encourages kids to get flu shot



PHOENIX (Sept. 28, 2020) – Banner Children's is offering a free coloring page to help encourage kids to get an annual flu shot before the flu season begins in November. The page, "Flu Shot Like a Hero," is available to download at [www.BannerHealth.com/flu](http://www.BannerHealth.com/flu).

Every year, about 5% to 20% of the U.S. population get the flu. About 36,000 people die from it. Since 2010, Centers for Disease Control estimates that flu-related hospitalizations among children younger than 5 years ranged from 7,000 to 26,000.

Staying safe from the flu is more important than ever amid the coronavirus pandemic. CDC recommends nearly everyone ages 6 months and older get a flu vaccine before the flu season starts.

Compared with other viral respiratory infections such as the common cold, infection from the flu often causes a more severe illness, according to CDC. Even less severe cases of influenza can keep individuals – both young and old – from work and school for up to several days.

The best time to get a flu shot is in October or November. The flu season usually peaks between January and March. About two weeks after vaccination, antibodies that provide protection against influenza virus infection develop in the body.

The viruses in the flu shot are inactivated, so you cannot get the flu from a flu shot. Some minor side effects that could occur include soreness, redness or swelling where the flu shot was given, low-grade fever and aches.

If these problems occur, they begin soon after the shot and usually last one to two days. Almost all people who receive influenza vaccine have no serious problems from it. However, on rare occasions, flu vaccination can cause serious problems, such as severe allergic reactions.

For more information about the flu, including flu shot locations, visit [www.BannerHealth.com/flu](http://www.BannerHealth.com/flu).

### About Banner Children's

Banner Children's, part of nonprofit Banner Health, cares for more kids than any other health system in Arizona. From well-child exams to treatment of minor injuries and illnesses to management of chronic conditions, the experienced team at Banner Children's provides comprehensive, family-centered medical care for every child in Banner Health centers and clinics, emergency rooms, hospitals and outpatient facilities. Services include: behavioral health, cancer care, diabetes and endocrinology, digestive care, emergency care, heart care, neurosciences, primary care, surgery and more. For more information about Banner Children's services, physicians and locations, visit [www.BannerChildrens.com](http://www.BannerChildrens.com).

For further information: [media@bannerhealth.com](mailto:media@bannerhealth.com)

 [Flu Shot Like a Hero coloring page](#)  
(975 KB)

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