Trillium HEALTH RESOURCES

GrowSmart

EPSDT Health Promotion

EPSDT Health Promotion: December 2025

Flu Prevention & Awareness

This month's newsletter focuses on influenza (flu) prevention in children, the importance of well child visits for early detection, vaccinations, and how to keep families healthy during flu season.

Terms to Know

- **Flu (Influenza):** A virus that spreads easily and can make people very sick.
- **Well Child Visit:** A regular doctor's check-up to make sure kids are growing healthy and strong.
- **Vaccination:** A shot that helps protect you from getting sick.
- Symptoms: Signs that someone might be sick (like fever or cough).
- **Prevention:** Things we do to stop sickness before it starts.

The flu is a virus that spreads from person to person. It can make people feel very sick, especially young children. Some kids may only feel a little sick, but others can get very sick and need to go to the hospital.

What Is the Flu and Why Is It Serious for Kids?

Kids at higher risk include:

- Children under 5 years old (especially under 2)
- Kids with health problems like asthma or diabetes
- Kids who haven't had a flu shot

Common flu symptoms:

- Fever or chills
- Cough or sore throat
- Runny or stuffy nose
- Body aches or feeling tired
- Vomiting or diarrhea (more common in kids)

Serious problems from the flu can include:

- Pneumonia (lung infection)
- Dehydration (not enough fluids)
- Making other health problems worse

What Do Doctors Recommend?

Doctors from the CDC and the American Academy of Pediatrics say:

- Everyone 6 months and older should get a flu shot every year.
- Some kids may need 2 flu shots the first time they get vaccinated.
- It's best to get the flu shot by the end of October, but December is still okay.
- Keep your child home if they are sick.
- Wash hands often and cover coughs and sneezes.
- Keep indoor air clean and avoid close contact with sick people.

Well Child Visits are important because:

- Kids can get their flu shots.
- Doctors check how kids are growing and feeling.
- Families can ask questions and learn how to stay healthy.

Practical Tips for Families

Get Vaccinated:

- Make sure everyone in the family who can get a flu shot does
- Ask your doctor which flu shot is best for your child

Healthy Habits:

- Eat fruits and vegetables
- Drink water
- Get plenty of sleep

Stay Clean:

- Wash hands often
- Don't touch your face
- Clean things that get touched a lot
- Cover your mouth when you cough or sneeze

Stay Involved:

- Go to your child's Well Child Visits
- Watch for flu symptoms
- Ask for help early if your child gets sick

Stay Involved in Your Child's Health

- Schedule Well Child Visits
- Get vaccinated annually
- Encourage healthy habits
- Watch for symptoms

Well-Child Visit Timeline at a Glance

Age	Key Actions
6 months:	Begin annual flu vaccination
2–5 years:	Monitor development and risk factors
≥6 yr:	Continue yearly flu shots
Every year:	Promote healthy habits and screenings

Questions? Call your care manager for more details.

Member & Recipient Services:
1-877-685-2415

Sources:

CDC: Flu Prevention for Children

AAP: 2025–26 Flu Vaccine Recommendations

CDC: Healthy Habits to Prevent Flu