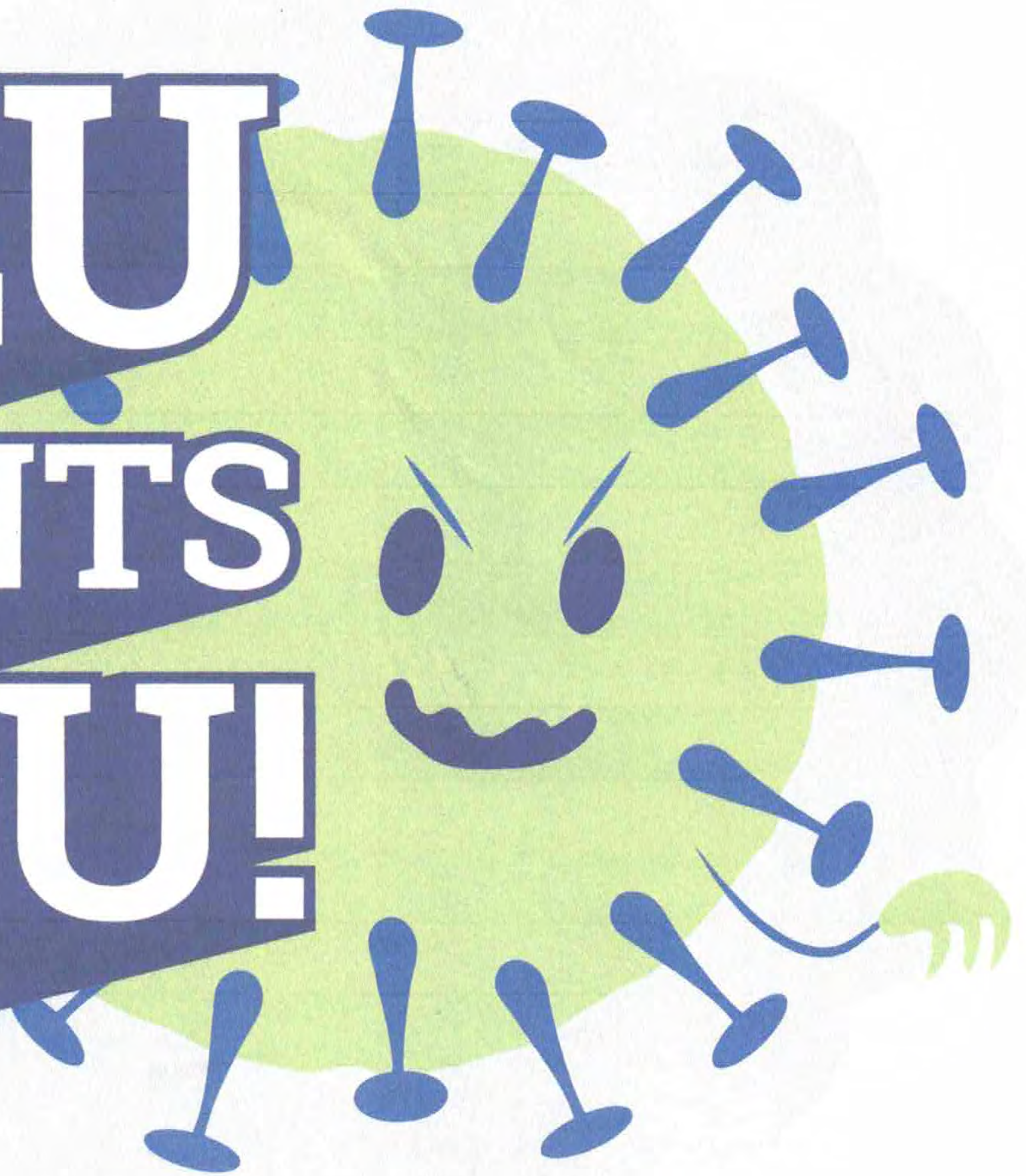


# FLU WANTS YOU!



## Ways to Fight the Flu:



**Get the flu vaccine every year**



**Cover your cough or sneeze into your sleeve**



**Wash hands often for 20 seconds with soap and warm water**



**Rest is best**  
**Stay home if you have flu symptoms:**

- Body aches
- Coughing and sneezing
- Extreme fatigue
- Fever (100°F/38°C and above)

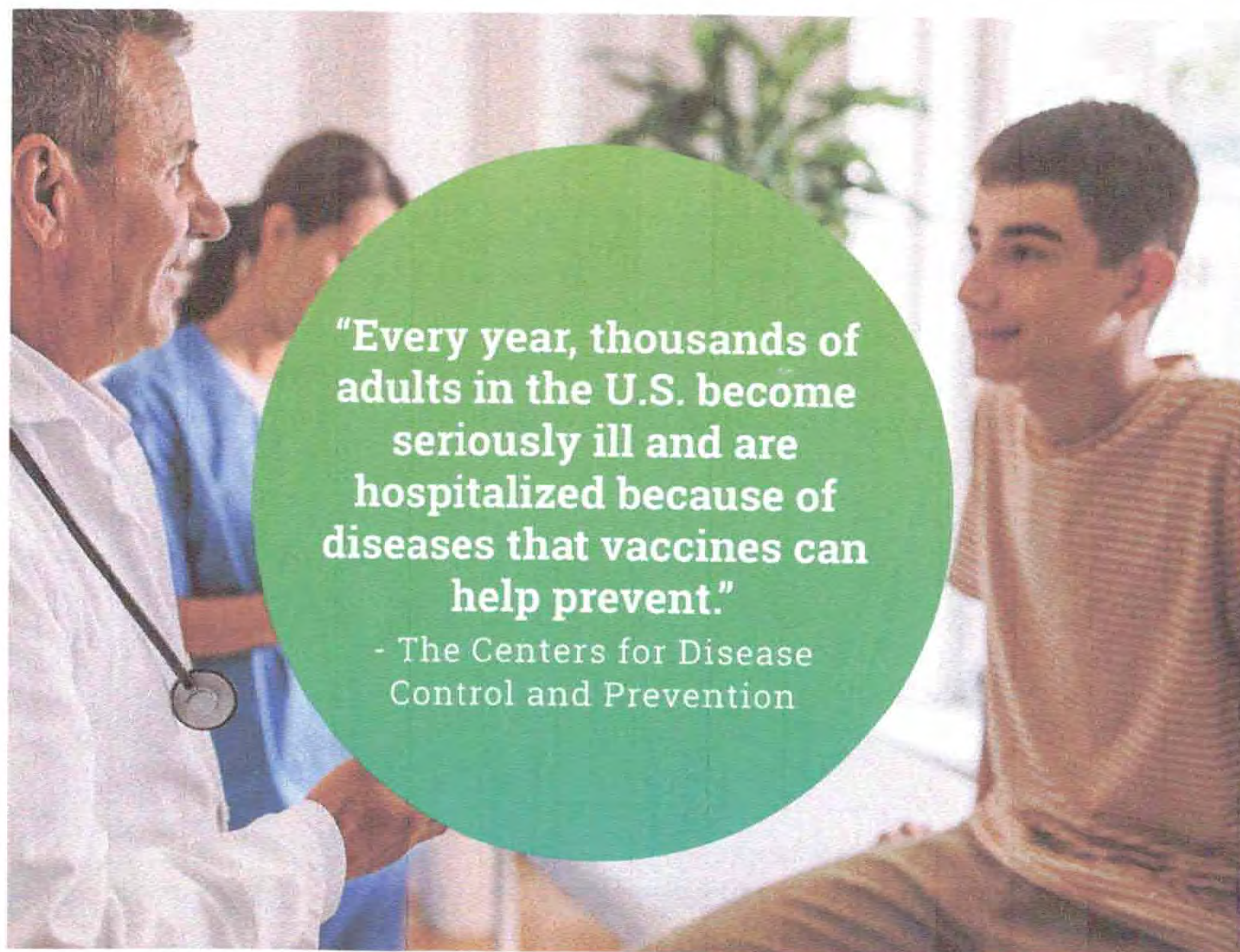
# SYMPTOMS OF INFLUENZA

The duration of the flu is commonly between a few days to less than two weeks.<sup>1</sup> It is possible for others to develop more serious complications.

## FLU SYMPTOMS CAN INCLUDE:<sup>2</sup>

- Fever and chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Flu vaccinations help reduce hospitalizations due to illness as well as decrease the severity of illness in people who get sick.



**"Every year, thousands of adults in the U.S. become seriously ill and are hospitalized because of diseases that vaccines can help prevent."**

- The Centers for Disease Control and Prevention

## What is Influenza?

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that often cause mild to severe illness.<sup>1</sup> Some people are more at risk of contracting serious flu complications, including older and younger populations and immunocompromised individuals.

## How can I protect myself from the flu?

The best and most effective way to prevent the flu is by getting the influenza vaccine each year.<sup>3</sup>

### Flu preventative best practices include:

- Washing hands often
- Covering coughs and sneezes
- Staying home if not feeling well
- Cleaning common surfaces like doorknobs and handles
- Taking antiviral drugs if recommended and prescribed by your doctor

## When and who should get the Influenza vaccine?

Everyone 6 months of age and older should receive an annual influenza vaccination, with rare exceptions.<sup>1</sup>

Since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu, plan to get vaccinated early in the fall before the flu season begins.

### The following individuals should talk to their doctor before getting the flu vaccine:

- Have had severe reactions to a flu shot in the past
- Have had Guillain-Barre Syndrome (GBS)
- Have a chronic illness
- Are sick with a fever

## Why is it important to be vaccinated against Influenza?

Receiving your vaccination will not only help protect you from the flu but will also protect your loved ones and those who are most vulnerable in your community.<sup>3</sup>

### These include:

- Infants and young children
- Elderly populations
- Immunocompromised individuals

Flu vaccinations also help reduce the risk of flu-associated hospitalizations for children, working age adults, and older adults. Doing your part lessens the burden on our healthcare system.

Footnotes: <sup>1</sup><https://www.cdc.gov/flu/about/index.html> | <sup>2</sup><https://www.cdc.gov/flu/symptoms/>

# Influenza (Flu) Fact Sheet for Childcare Setting

## What is the flu?

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. The virus attacks the nose, throat, and lungs. Severe flu can be prevented by vaccination. Influenza is not to be confused with “stomach flu,” an inflammation of the stomach and intestines which is not caused by influenza viruses.

## What are the symptoms of the flu in children?

Some children may experience: fever, runny or stuffy nose, cough, sore throat, headache, ear infection, tiredness, tummy issues, conjunctivitis (red, inflamed eyes), pneumonia, and sinusitis.

## How is the flu spread?

The flu is spread when an infected person who has the flu coughs or sneezes and sends the flu virus into the air near a person without the flu. Flu can also spread when a person touches the surface of an object that has flu viruses on it and then touches his or her own nose or mouth. Most healthy adults can infect others one day before symptoms start and up to five to seven days after becoming sick. Children can infect others for 10 or more days after the start of their symptoms.

## How serious is the flu?

Anyone can get the flu, even healthy people. Serious problems related to the flu can happen at any age, but some people have an increased risk of serious flu-related complications if they become sick. This includes adults 65 years and older, anyone with a chronic medical condition (such as asthma, diabetes, or heart disease), pregnant women, and young children.

The flu is more dangerous than the common cold for children. Each year, millions of children get sick from seasonal influenza; thousands of children are hospitalized, and some children die from the flu. Children younger than 5 years and especially those younger than 2 years have an increased risk of developing serious influenza complications. Flu vaccination reduces the risk of flu-associated death by nearly two-thirds among healthy children.

## How can the flu be prevented?

The single best way to reduce the risk of seasonal flu and its potentially serious complications is to get vaccinated each year. The Centers for Disease Control and Prevention (CDC) recommend getting vaccinated as soon as this year’s vaccine is available. The best time to get the vaccine is early to mid-fall, as it takes approximately two weeks after receiving the vaccine for the body to build up protection against the flu. Getting the vaccine at any time still helps and provides protection from serious illness.

## Other ways to prevent the flu at childcare facilities include:

- Avoiding close contact with sick people.
- Staying home from work or school when sick until fever-free for 24 hours without the use of fever-reducing medications.
- Covering your mouth and nose with tissues or your sleeve when you cough or sneeze.
- Washing your hands often with soap and water. If you are not near water, use an alcohol-based hand cleaner.
- Avoiding touching your eyes, nose, and mouth to reduce the spread of germs.

## How to treat a child with the flu?

The child should:

- Stay home and rest
- Drink plenty of fluids
- Cover their mouth and nose when coughing and sneezing
- Wash their hands often

Some children with flu may benefit from antiviral medication. Parents should call the child's health care provider right away if the child is showing symptoms related to flu. Medical treatment is focused on improving symptoms.

A follow-up visit may be needed if the child has an immunocompromising condition or their symptoms worsen.

Do not give aspirin to children because of the risk of Reye's syndrome, an acute and potentially life-threatening condition that happens when children take aspirin or aspirin-containing products during certain viral illnesses.

## Who should get vaccinated?

The CDC's Advisory Committee on Immunization Practices (ACIP) recommends an annual flu vaccine for all people six months and older. Children with chronic health conditions like asthma, diabetes, and disorders of the brain or nervous system are at especially high risk of developing serious flu complications.

Please see the ACIP recommendations for influenza at [cdc.gov/acip-recs/hcp/vaccine-specific/flu.html](https://www.cdc.gov/acip/recs/hcp/vaccine-specific/flu.html)

Children aged six months through 8 years require two doses of the influenza vaccine during their first season of vaccination. The two doses should be given a minimum of four weeks apart.

This provides the most effective protection against the flu.

The flu vaccine is not approved for use in children younger than six months old. Children younger than six months old can also get very sick from the flu, but they are too young to get a flu vaccine. The best way to protect young children is to make sure that their household members and their caregivers get the vaccine.

## Is the flu vaccine safe?

The flu vaccine is safe and effective. Each year, CDC works closely with the U.S. Food and Drug Administration (FDA) and other partners to ensure that flu vaccines are safe. The most common side effects of flu vaccines are mild.

The flu vaccine does not cause flu illness, but it does help prevent severe illness and hospitalization.

## What side effects could occur?

- Soreness, redness, or swelling where the shot was given
- Low-grade fever
- May rarely cause severe allergic reactions
- Questions?

Call your doctor, nurse, local health department, visit [www.TexasFlu.org](http://www.TexasFlu.org), or call the Texas Department of State Health Services Immunization Section at 800-252-9152 for more information.



TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services

# 2024 - 2025 Texas Minimum State Vaccine Requirements for Childcare and Pre-k Facilities

This chart summarizes the vaccine requirements incorporated in the Texas Administrative Code (TAC), Title 25 Health Services, §§97.61-97.72. This chart is not intended as a substitute for consulting the TAC, which has other provisions and details. The Department of State Health Services (DSHS) is granted authority to set immunization requirements for childcare facilities by the Human Resources Code, Chapter 42.

A child shall show acceptable evidence of vaccination prior to entry, attendance, or transfer to a childcare facility in Texas.

Age at which child must have vaccines to be in compliance:	Minimum Number of Doses Required of Each Vaccine							
	Diphtheria / Tetanus / Pertussis (DTaP)	Polio	Hepatitis B (HepB) <sup>1</sup>	Haemophilus influenzae type b (Hib) <sup>2</sup>	Pneumococcal conjugate vaccine (PCV) <sup>3</sup>	Measles, Mumps and Rubella (MMR) <sup>1,4</sup>	Varicella <sup>1,4,5</sup>	Hepatitis A (HepA) <sup>1,4</sup>
Zero through two months								
By three months	One dose	One dose	One dose	One dose	One dose			
By five months	Two doses	Two doses	Two doses	Two doses	Two doses			
By seven months	Three doses	Two doses	Two doses	Two doses	Three doses			
By 16 months	Three doses	Two doses	Two doses	Three doses	Four doses	One dose	One dose	
By 19 months	Four doses	Three doses	Three doses	Three doses	Four doses	One dose	One dose	
By 25 months	Four doses	Three doses	Three doses	Three doses	Four doses	One dose	One dose	One dose
By 43 months	Four doses	Three doses	Three doses	Three doses	Four doses	One dose	One dose	Two doses

<sup>1</sup> Serologic evidence of infection or serologic confirmation of immunity to measles, mumps, rubella, hepatitis B, hepatitis A, or varicella is acceptable in place of vaccine.

<sup>2</sup> A complete Hib series is two doses plus a booster dose on or after 12 months of age (three doses total). If a child receives the first dose of Hib vaccine at 12 - 14 months of age, only one additional dose is required (two doses total). Any child who has received a single dose of Hib vaccine on or after 15 - 59 months of age is in compliance with these specified vaccine requirements. Children 60 months of age and older are not required to receive Hib vaccine.

<sup>3</sup> If the PCV series is started when a child is seven months of age or older or the child is delinquent in the series, then all four doses may not be required. Please reference the information below to assist with compliance:

- For children seven through 11 months of age, two doses are required.
- For children 12 - 23 months of age: if three doses have been received prior to 12 months of age, then an additional dose is required (total of four doses) on or after 12 months of age. If one or two doses were received prior to 12 months of age, then a total of three doses are required with at least one dose on or after 12 months of age. If zero doses have been received, then two doses are required with both doses on or after 12 months of age.
- Children 24 months through 59 months meet the requirement if they have at least three doses with one dose on or after 12 months of age, or two doses with both doses on or after 12 months of age, or one dose on or after 24 months of age. Otherwise, an additional dose is required. Children 60 months of age and older are not required to receive PCV vaccine.

<sup>4</sup> For MMR, Varicella, and Hepatitis A vaccines, the first dose must be given on or after the first birthday. Vaccine doses administered within four days before the first birthday will satisfy this requirement.

<sup>5</sup> Previous illness may be documented with a written statement from a physician, school nurse, or the child's parent or guardian containing wording such as: "This is to verify that (name of child) had varicella disease (chickenpox) on or about (date) and does not need varicella vaccine." The written statement will be acceptable in place of any and all varicella vaccine doses required.

Information on exclusions from immunization requirements, provisional enrollment, and acceptable documentation of immunizations may be found in §97.62, §97.66, and §97.68 of the Texas Administrative Code, respectively and online at <https://www.dshs.texas.gov/immunizations/school>.

### **Exemptions**

Texas law allows (a) physicians to write medical exemption statements which clearly state a medical reason exists that the person cannot receive specific vaccines, and (b) parents/guardians to choose an exemption from immunization requirements for reasons of conscience, including a religious belief. The law does not allow parents/guardians to elect an exemption simply because of inconvenience (for example, a record is lost or incomplete and it is too much trouble to go to a physician or clinic to correct the problem).

Schools should maintain an up-to-date list of students with exemptions, so they may be excluded in times of emergency or epidemic declared by the commissioner of public health. Instructions for requesting the official exemption affidavit that must be signed by parents/guardians choosing the exemption for reasons of conscience, including a religious belief, can be found at [www.dshs.texas.gov/immunizations/school/exemptions](http://www.dshs.texas.gov/immunizations/school/exemptions).

The original Exemption Affidavit must be completed and submitted to the school. For children claiming medical exemptions, a written statement by the physician must be submitted to the school. Unless it is written in the statement that a lifelong condition exists, the exemption statement is valid for only one year from the date signed by the physician.

### **Documentation**

Since many types of personal immunization records are in use, any document will be acceptable provided a physician or public health personnel has validated it. Validation includes a signature, initials, or stamp. An immunization record generated from an electronic health record must include clinic contact information and the provider's signature/stamp, along with the vaccine name and vaccination date (month, day, and year). An official record generated from a health authority is acceptable. An official record received from school officials, including a record from another state is acceptable.



TEXAS  
Health and Human  
Services

Texas Department of State  
Health Services

Texas Department of State Health Services • Immunizations • MC-1946 • P. O. Box 149347 • Austin, TX 78714-9347 • 800-252-9152

# What is the Pneumococcal Vaccine?

The pneumococcal vaccine prevents the spread of *Streptococcal pneumoniae*. These bacteria can cause various types of pneumococcal diseases ranging from mild illnesses like sinus and ear infections to severe illnesses such as pneumonia, meningitis and sepsis.

## Why is it important?

The pneumococcal vaccine is important for children younger than five years old to protect them from serious pneumococcal diseases and create safer school and childcare settings.

According to the Centers for Diseases Control and Prevention (CDC), some pneumococcal diseases can lead to severe illness and death, particularly in young children, the elderly and those with weakened immune systems.

## How is it spread?

Pneumococcal diseases are spread through respiratory droplets and can quickly spread in crowded settings where children are in close contact with each other.

## What are the symptoms?

Symptoms of pneumococcal disease in infants and young children can include:

- Fever
- Irritability
- Loss of appetite
- Cough
- Difficulty breathing
- Tiredness



## What is the recommended immunization schedule?

The CDC recommends infants and young children receive the pneumococcal conjugate vaccine (PCV15 and PCV20) as a four-dose series at two months, four months, six months, and 12-15 months of age.

A catch-up vaccination is still safe and recommended if children have not completed the vaccine series by age five.

Parents and caregivers should ensure children are up-to-date with their recommended vaccines to prevent the spread of pneumococcal diseases.

Learn more about [pneumococcal disease](https://www.dshs.texas.gov/immunization-unit/guidance-resources-parents-immunizations/pneumococcal-disease).<sup>1</sup>

<sup>1</sup> <https://www.dshs.texas.gov/immunization-unit/guidance-resources-parents-immunizations/pneumococcal-disease>