



# Get vaccinated!

Vaccinating against the flu and COVID-19 remains the most effective method in protecting your pediatric patients from getting infected. Ensuring timely immunization can significantly reduce the risk of severe complications and hospitalizations in this vulnerable population.

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## Flu Shots

- **Severe season expected:** We anticipate a flu season as severe as or more severe than last year.
  - **Impact on children:** Last year in Australia, 80% of flu admissions were for children due to low vaccination rates.
  - **High-risk groups:** Children aged 6 months to 5 years are at high risk for severe illness.
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## COVID-19 Boosters

- **High-risk groups:** Children under 1 year old and those with underlying medical conditions are at the highest risk for severe COVID-19 infections.
  - **Updated vaccines:** Updated COVID vaccines will be available in August/September.
  - **CDC recommendations:** The Centers for Disease Control and Prevention recommends updated COVID-19 boosters for people aged 6 months and older.
  - **Decreasing immunity:** Immunity from COVID decreases over time, and new variants continue to emerge.
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## RSV

- **Hospitalization rates:** Each year, 58,000 to 80,000 children under 5 years old are hospitalized due to RSV infection.
  - **High-risk groups:** Premature infants, children with lung and heart disease, and those with weakened immune systems are at risk for severe RSV infection.
  - **Prophylactic treatment:** Consider prophylactic treatment if a child is high-risk.
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Encourage parents and guardians to get their children vaccinated against the COVID-19 and flu variants. Thank you for doing your part to help prevent illness and keep our community healthy.

Yours in good health,  
Regal, Lakeside, and ADOC