

# Children's Health

## Take The Sting Out Of Flu Shots

(NAPSA)—Now's the time to fight the flu. The flu (influenza) is a viral illness that can cause fever, cough, chills, sore throat, headache and muscle aches. Symptoms are usually mild to moderate in most people, but can be more severe in very young children, or the elderly, causing thousands of deaths each year. According to the Centers for Disease Control and Prevention (CDC), flu and its complications are the sixth leading cause of death among children four years and younger.

Much of the illness and death caused by the flu can be prevented by a yearly flu shot. The CDC recommends both child and parent get vaccinated to ensure protection for the entire family. According to the CDC, protection begins about two weeks after an inoculation, so plan to get flu shots at least two weeks before the start of flu season, which in the U.S., is typically November to March or April. You can still immunize your child later in the season, but getting the shot early will offer maximum protection.

To take the sting out of vaccine injections for you and your child, request the use of a topical anesthetic, such as Gebauer's Ethyl Chloride, before getting a flu shot. Just before the injection, a doctor or nurse can spray the product



**Keeping the flu bug from your family may be easier with the help of a topical anesthetic that makes injections easier to take.**

directly on the skin, cooling and numbing the area, then swab the target area with antiseptic and quickly perform the injection. This eases anxiety for both parent and child; there will be no bad memories of painful shots or anxiety over the next inoculation. The anesthetic effect wears off in about a minute with virtually no side effects.

Ask your doctor about Gebauer's Ethyl Chloride. For more information about making shots less scary, call 1-800-321-9348 or visit the Web at [www.gebauerco.com](http://www.gebauerco.com).