

Keep Your Kids Healthy: A Parent's Guide to Beating Flu and RSV

As the cooler weather arrives in Houston, it's important to know about the flu and the respiratory syncytial virus (known as RSV). Last year, many children in our area became very sick or were hospitalized due to these viruses.

The flu can make your child feel very tired, achy, and feverish, while RSV can cause coughs and trouble breathing. Knowing the signs can help you seek help early and keep your family safe.

Here are some helpful tips to protect your family this season

Keep Your Child Up to Date with Vaccinations:

Vaccines are the **best protection** against flu and RSV. Don't forget that Community covers these shots so be sure to take advantage of those free resources today.

Starting at 6 months of age, it's important that your child receives their annual flu vaccine by the early fall (mid-September to early October).

All children under the age of 8 months should receive an RSV vaccine **before the start** of the RSV season. Like the flu season this usually lasts from (October to late March).

Your child can also receive the RSV vaccine between 8 and 19 months old if they were born premature or have other high-risk conditions. It's important for you to talk to your child's pediatrician to see what option is right for you.

For help with scheduling, finding a pediatrician, or for more information, call Member Services today at 1.888.760.2600.

[You can also click here to request appointment assistance, getting a ride to the doctor, or both](#)

Know Where to Go:

Remember that both the flu and RSV can lead to serious problems. Deciding when you should go to the pediatrician, urgent care, or the ER is very important.

Urgent cares can help you avoid the long delays in the ER. This means you can get the care you need faster. You should always seek emergency help (or call 9-1-1-) if your child has trouble breathing, chest pain, confusion, or a high fever (above 104° F) that doesn't go down.

If you are unsure of where to go or what to do next you can call our 24-Hour Nurse Advice Line: 1.888.332.2730 or (TTY 711)

Hygiene is Your Superpower:

The easiest way to prevent the spread of flu, RSV and other viruses is by washing hands regularly. Encourage everyone in your family to wash their hands with soap and water for at least 20 seconds, especially after coughing or sneezing, using the bathroom, and before eating. Teach your children and family members to cover their mouths and noses with a tissue or their elbow when they cough or sneeze. This simple habit can prevent viruses from spreading.

We are always here to help. Call our Member Services line today at 1.888.760.2600