SHERRY MATTHEWS ADVOCACY MARKETING

Children's Health Minute **Air Dates: Week of January 1, 2007**

"It's Not Too Late To Get Your Flu Shot"

Dr. Hellerstedt: Flu season is here. But does that mean it's too late to get a flu shot?

Hi, I'm Dr. John Hellerstedt with the Children's Health Minute -- connecting families with Children's Medicaid and CHIP.

The time of year known as the "Flu Season" runs from November through April. So, it's still not too late for you and your child to get immunized against the flu.

It's really never too late until the season is over.

And, by the way, that old myth that flu shots may give you the flu is simply not true. Most people do not experience any side effects from the flu shot. Some may experience soreness or swelling at the site of the shot or a mild headache.

Even though a flu shot won't always keep you from catching the flu – it 's still your best protection.

Announcer: Call toll-free 1-877-KIDS NOW to apply or when it's time to renew your CHIP or Children's Medicaid. Six months of coverage for all your children costs just 50 dollars or less, but most families pay little or nothing. That's 1-877-KIDS NOW.