



## About Capitol Medical Group

Capitol Medical Group (CMG) has been providing care to patients from birth to twenty-one years of age in the Washington DC area since 1987. Our team is committed to delivering comprehensive medical care with the latest medical knowledge available. Capitol Medical Group is made up of ten board-certified pediatricians, two pediatric nurse practitioners, one certified lactation consultant, and approximately 25 nursing and medical support staff. We look forward to developing a lasting relationship with you and your family and helping your children grow into healthy, happy adults.

### Flu Season 2018-2019

It is that time of year again - Flu Vaccine season! It is our strong recommendation that everyone age 6 months and above receive flu vaccine.

**Flu Shots:** We will again be using the quadrivalent (protects against 4 strains of Flu as opposed to 3), thimerosal-free injectable Flu Shots this year. Children age 6 months through 8 years who have previously received zero or one Flu vaccine in their life should be given two Flu Shots this year, at least 4 weeks apart. All other children and all adults should receive one Flu Shot each. The Flu Shots have arrived, and we will begin administering doses immediately. See below for September dates to receive Flu Shots.

**Flu Mist:** The nasal spray version of flu vaccine is back this year, but we do not recommend its use except in those who are truly needle phobic. Flu Mist has not been as effective as the Flu Shots the last several years. We have ordered Flu Mist for use in our needle phobic patients, as the Mist is better than going without any protection. We have not received Flu Mist yet, and do not expect it to arrive until October. Flu mist can be given to children age 2 and up.

CMG will offer as many opportunities as we can for kids and parents to come in and get their Flu vaccines, including weekdays and many Saturdays. Here are our next of dates for Flu clinics, for the month of December:

Flu Shots- **By appointment only, No walk-ins.**

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Please call the office (301-907-3960) to schedule times to bring your family in for Flu vaccines. Parents and children can receive their Flu vaccines at the same time. Please do not put off getting your family protected this year!



