



For Immediate Release

Legacy Community Health Urges Families to Prepare for Flu Season

Last year was the deadliest non-pandemic flu season for children in U.S. history

HOUSTON, TX (October 21, 2025) – Every year, families across Houston face the same seasonal threat: the flu. The best defense is prevention, and Legacy Community Health is urging parents to get their children vaccinated before flu activity peaks.

Flu season typically begins in October, peaks between December and February, and can last through March. Health experts recommend children receive their flu shot by the end of October for the best protection. Last year's toll highlights the stakes—[280 children died from flu-related complications](#), the highest number in more than a decade outside of a pandemic year. Nearly 90% of those children were not fully vaccinated.

"Protecting children from the flu is one of the easiest and most important steps parents can take this season," said Dr. Rubina Khan, Medical Director, Pediatrics, Legacy Community Health. "A flu shot not only reduces the risk of serious illness, it helps keep kids in school and families out of the hospital."

Flu vs. Cold vs. COVID-19: Know the Difference

Many respiratory illnesses share overlapping symptoms, but there are key differences:

- **Common Cold:** Runny or stuffy nose, mild sore throat, sneezing. Rarely causes fever.
- **Flu:** Sudden onset of fever, body aches, fatigue, cough, sore throat, sometimes vomiting.
- **COVID-19:** Can resemble the flu but may also include loss of taste/smell, prolonged cough, or difficulty breathing. Testing is the only way to be sure.

RSV and Other Common Illnesses in Kids

Respiratory Syncytial Virus (RSV) is another common infection in children, particularly infants and toddlers. While RSV often looks like a cold, it can cause severe breathing difficulties. Other seasonal illnesses such as croup and bronchitis also tend to rise in fall and winter. Together, these viruses create what health experts call a "triple threat" for children each year.

How Families Can Prepare

Parents can help protect their children with these steps:

- **Get vaccinated early.** Children 6 months and older should receive a flu shot by the end of October. For children ages 6 months to 8 years getting vaccinated for the first time, two doses are needed, spaced at least four weeks apart.
- **Teach healthy habits.** Encourage handwashing, covering coughs, and staying home when sick.
- **Watch for symptoms.** Seek care quickly if your child has high fever, headache, difficulty breathing, or dehydration.
- **Protect high-risk children.** Kids with asthma, diabetes, or heart disease are especially vulnerable.

Dr. Khan added: “We see every year how quickly the flu spreads once school is back in session. Vaccination, along with good hygiene habits, is the best defense we have to keep children healthy and prevent unnecessary hospitalizations.”

Where to Get a Flu Shot

Legacy Community Health makes getting a flu shot simple and affordable. Legacy accepts Medicaid, CHIP, Medicare, private insurance, and offers a **sliding scale payment option** for those without coverage.

- **Legacy Clinics:** Flu vaccines are available at all Legacy locations across Greater Houston.
- **Legacy Pharmacies:** Walk in for convenient flu shots for the entire family.
- **School-Based Health Care:** Students at **YES Prep, Galena Park ISD, and KIPP** can receive their flu shot at one of Legacy’s 39 school-based health care clinics.
- **Pediatric Walk-In Clinic:** Families can also visit the **Legacy Southwest Pediatric Walk-in Clinic**, open:
 - Monday – Saturday: 8:00 am – 8:00 pm
 - Sunday: 12:00 pm – 6:00 pm
 - **6441 High Star, Houston, TX 77074**

For more information or to schedule an appointment, visit www.legacycommunityhealth.org or call **(832) 548-5000**.

About Legacy Community Health

Legacy Community Health is a full-service health care system comprised of 62 locations in the Texas Gulf Coast region offering primary and specialty care, as well as pharmacy services. For over 40 years, Legacy has been innovating the ways we provide comprehensive, quality health care services to individuals, families, and communities in need. As the largest Federally Qualified Health Center (FQHC) in Texas and a United Way-affiliated agency since 1990, Legacy ensures its services and programs are open to all, regardless of the ability to pay—without judgment or exception. To learn more, visit www.legacycommunityhealth.org.