

## Quick & Painful Flu Shots Deserve Ice-Cream!

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Thursday, 12 September 2013 12:57 - Last Updated Thursday, 12 September 2013 02:14

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The H's went to see their nurse today to receive their flu shots. Both did well although they both were tense, got bright red and of course said "Ouch!". Last year over Christmas break, we all got the flu except for baby Grayson. It was horrible. We were too late getting the flu shot last year and they ran out of dosages. I have never been a fan of shots of any kind until we all got the flu. Hailey had it the worst. She ran a high fever for 14 days straight. Hunter and I got Tamiflu which helped us get over it faster. Hailey was too far into it for it to be effective. I felt so bad for her. Last year baby Grayson was too young for the shot anyway. I just nursed him like crazy and kept him quarantined as much as I could last year in hopes he wouldn't get it. Luckily it worked. He received his first flu shot yesterday at his 15 month well child check-up. So since getting stuck with a needle and having a sore arm isn't very much fun, I took them to get an ice cream cone and then checked them into school for the day. Here is to hoping we all don't get the flu and stay well this winter season!!!

