

To help prevent the spread of germs:

- **COVER COUGHS & SNEEZES**
- **WASH YOUR HANDS OFTEN**
- **AVOID TOUCHING EYES, NOSE & MOUTH**
- **CLEAN INFECTED SURFACES**

After vaccination, it takes **ABOUT 2 WEEKS** for the antibodies to develop in the body to protect against the flu virus.



An annual flu shot is the **BEST PROTECTION** against the constantly changing flu virus.

The Center for Disease Control recommends that everyone six months and older get a flu vaccine, especially if you are:

- **PREGNANT**
- **A CHILD < 5 YRS OLD**
- **65 YEARS OLD +**
- **DIAGNOSED WITH A CHRONIC MEDICAL CONDITION**
- **LIVING WITH OR CARING FOR OTHERS**



YOU CANNOT GET THE FLU FROM THE FLU VACCINATION.

During 2018-2019, **FLU VACCINATION PREVENTED AN ESTIMATED 4.4 MILLION INFLUENZA ILLNESSES.**



SOURCE: The Center for Disease Control

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**BETWEEN
70% & 85% OF
FLU-RELATED
DEATHS**

in US have occurred
among people
65 YEARS AND OLDER.



An annual flu shot is the
**BEST
PROTECTION**
against the flu.



**YOU CANNOT GET
THE FLU FROM THE FLU
VACCINATION.**

PEOPLE 65 YEARS AND OLDER are at
**HIGH RISK OF SERIOUS
FLU-RELATED COMPLICATIONS.**



A high dose flu vaccine that contains
**4X AMOUNT OF
ANTIGEN**
as a regular flu shot is available for
PEOPLE 65 YEARS AND OLDER.



**BETWEEN 50% - 70%
OF FLU-RELATED
HOSPITALIZATIONS**
are people **65 YEARS AND OLDER.**

SOURCE: The Center for Disease Control

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50% OF FLU-RELATED DEATHS

among **CHILDREN** with high risk medical conditions were avoided with the flu vaccine.



An annual flu shot is the **BEST PROTECTION** against the flu.



YOU CANNOT GET THE FLU FROM THE FLU VACCINATION.

2/3 OF FLU-RELATED DEATHS

among **CHILDREN** without medical conditions were avoided with the flu vaccine.



FLU VACCINATIONS HELP WOMEN DURING AND AFTER PREGNANCY.

Vaccinations also protect the baby several months after birth.



The Center for Disease Control estimates **7,000 - 26,000 CHILDREN < 5 YRS OLD** have been hospitalized each year in the US because of influenza.

SOURCE: The Center for Disease Control

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