

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 2019-2020,
**FLU VACCINATION
PREVENTED AN
ESTIMATED 7 MILLION
INFLUENZA ILLNESSES.**



SOURCE: The Center for Disease Control

HEALTHY IS KNOWING FLU FACTS

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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

HEALTHY IS KNOWING FLU FACTS

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

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