American Indians and Alaska Natives (AI/ANs) are at high risk for flu complications.

A yearly flu vaccine protects yourself and others around you.

Flu and pneumonia rank among the top 10 causes of death for AI/ANs. 1

AI/ANs are more likely to die from pneumonia and flu than other races. 1

American Indians and Alaska Natives (AI/ANs) are at high risk for flu complications.

Flu is a leading cause of pneumonia.

Flu and pneumonia rank among the top 10 causes of death for AI/ANs. 1

Across the U.S., flu is a common cause of:

200,000 HOSPITALIZATIONS EACH YEAR.

AI/ANs are at even higher risk than others for:

• Flu and pneumonia
• Hospitalization
• Death

The flu poses a greater risk to:

• Young children and elders
• Pregnant women
• People with diabetes, extreme obesity, heart disease, or asthma and other lung problems

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• Fatigue (feeling very tired), body aches or headaches, runny or stuffy nose, chills, cough, sore throat, fever*
• You can still have the flu and be contagious without a fever

Benefits of Flu Vaccination

During the 2014-15 season, flu vaccination prevented—an estimated:

1.9 MILLION influenza-associated illnesses—greater than the population of the city of Philadelphia

966,000 flu-associated medical visits—as many people as can fit in Manhattan’s Times Square

67,000 flu hospitalizations—as many people as Seattle’s Seahawks stadium can seat

Take 3 Steps to Fight the Flu:

1. Wash your hands often
2. Cover your coughs and sneezes
3. Take antiviral medicine if prescribed

Get a flu vaccine each year for your whole family and age groups:

Get a Flu Vaccine at:

Indian Health Service, tribal, or urban health clinics and doctor’s offices

Pharmacies or grocery stores

Community health fairs

Ask your Community Health Representative or Community Health Aide for more information!