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 is a leading cause of pneumonia

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]

Across the U.S., the flu causes **more than**

200,000

HOSPITALIZATIONS EACH YEAR.

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

- Pneumonia and bronchitis
- 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

Flu symptoms can include:

FATIGUE (FEELING VERY TIRED)

BODY ACHES OR HEADACHES

FEVER*

Runny or stuffy nose

CHILLS

COUGH

SORE THROAT

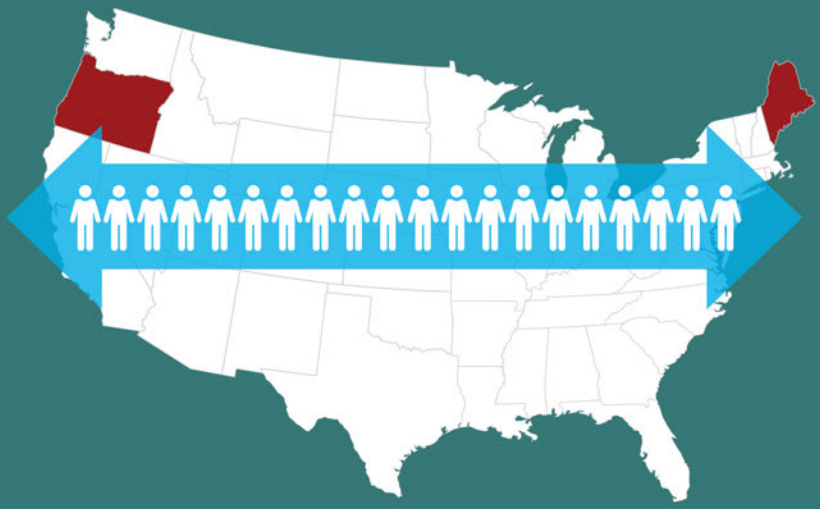
*You can still have the flu and be contagious without a fever

The Benefits of Flu Vaccination:

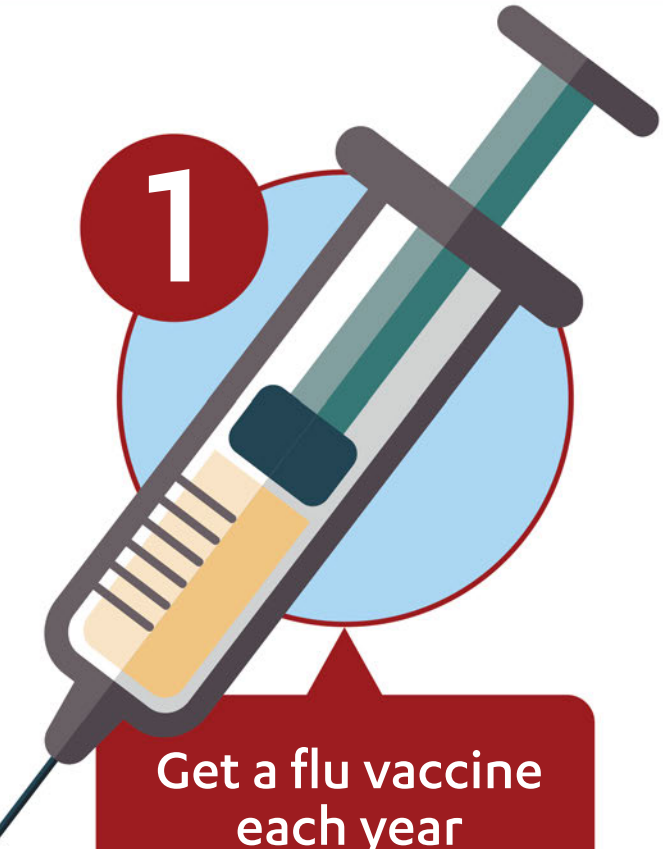
The estimated number of influenza-associated **illnesses prevented** by flu vaccination during the 2013-14 season:

7.2 MILLION[2]

enough people to form a line from **Maine** to **Oregon**



Take 3 Actions to Fight the Flu:



1 Get a flu vaccine each year

2 Take everyday preventive actions to stop the spread of germs

Wash your hands often.

Cover coughs and sneezes

3 Take antiviral medicine if prescribed

Get the 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!

Protect yourself. Protect your community.

Get vaccinated. Protect the circle of life.

[1] Groom, A, et al. Pneumonia and influenza Mortality among American Indian and Alaska Native People, 1990-2009. Am J Public Health. 2014 June; 104. Supplement 3: S460–S469. Published online April 2014. Accessed 1/27/15: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4035860/.

[2] CDC Morbidity and Mortality Weekly Report: Estimated Influenza Illnesses and Hospitalizations Averted by Vaccination. 12/12/14. Accessed 1/15/15: http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6349a2.htm?s_cid=mm6349a2_w