YOUR BEST PROTECTION AGAINST FLU

Millions of people get flu every year, hundreds of thousands of people are hospitalized and thousands or tens of thousands of people die.

The Centers for Disease Control and Prevention (CDC), public health professionals, and our practice recommend that everyone 6 months of age and older should get a flu vaccine every year. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent serious flu complications that can result in hospitalization and even death. A flu vaccine is the best way to help prevent flu and its potentially serious complications. Remember that flu vaccine not only protects you, but it also can help protect those around you.

FLU VACCINE REDuces YOUR RISK OF FLU

CDC estimates that flu has resulted in 9 million – 41 million illnesses, 140,000 – 710,000 hospitalizations and 12,000 – 52,000 deaths annually between 2010 and 2020. While some people who get a flu vaccine still get sick, vaccination can make their illness less severe. Two recent studies among hospitalized flu patients showed that flu vaccination reduced intensive care unit admissions and duration of hospitalization.

Recent studies show that flu vaccination reduces the risk of flu illness by between 40% and 60% among the overall population during seasons when most circulating flu viruses are well-matched to the flu vaccine.

Since 2004, when pediatric flu deaths became nationally notifiable, the number of pediatric flu deaths reported to CDC each year prior to the COVID-19 pandemic ranged from 37 (2011-2012 season) to 199 deaths (2019-2020 season.)

Flu vaccination is especially important for people who are at higher risk of developing serious complications from flu, including children younger than 5, pregnant people, adults 65 and older, and people with certain chronic health conditions.

PROVEN SAFETY RECORD

For more than 50 years, hundreds of millions of Americans have safely received seasonal flu vaccines and there has been extensive research supporting its safety. Side effects from flu vaccination are generally mild, especially when compared to symptoms of flu.

Visit [WWW.CDC.GOV/FLU](http://WWW.CDC.GOV/FLU) for more information.

2. [https://www.cdc.gov/media/releases/2017/p0403-flu-vaccine.html](https://www.cdc.gov/media/releases/2017/p0403-flu-vaccine.html)
4. [https://www.cdc.gov/flu/vaccines-work/effectiveness-studies.htm](https://www.cdc.gov/flu/vaccines-work/effectiveness-studies.htm)
5. [https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm](https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm)
7. [https://www.cdc.gov/flu/prevent/general.htm](https://www.cdc.gov/flu/prevent/general.htm)