

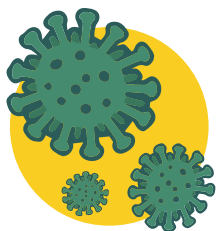
FLU VACCINE: GET THE FACTS

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.^{1,2} **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



During the 2018-2019 influenza season, influenza vaccination prevented an estimated 4.4 million illnesses, 58,000 hospitalizations, and 3,500 deaths associated with influenza.³

40-60%

During recent seasons, flu vaccine has reduced the risk of flu illness in vaccinated people by between 40% and 60%.^{4,5} While some people who get a flu vaccine still get sick, studies show it can make their illness less severe, such as reduced intensive care unit admissions and duration of hospitalization.



During the 2019-2020 influenza season, there were 185 influenza-related pediatric deaths reported to CDC. A recent study was the first of its kind to show that influenza vaccination can significantly reduce a child's risk of dying from influenza.⁵

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.⁶

Remember that a flu vaccine not only protects you, but it also can help protect those around you, **including people who are more vulnerable to serious flu illness**, like babies, young children, older adults, pregnant women, and people with certain chronic health conditions.

FLU VACCINATION ESPECIALLY IMPORTANT FOR SOME

Flu vaccination is especially important for people who are at high risk of developing serious complications from flu, **including children younger than 5, pregnant women, adults 65 and older**, and people with certain chronic health conditions, such as diabetes, heart disease, and asthma.

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.⁷ **Side effects from flu vaccination are generally mild**, especially when compared to symptoms of flu.⁷

Talk to someone in our office about getting a flu vaccine this fall. Our staff is ready to answer your questions.

Visit [WWW.CDC.GOV/FLU](https://www.cdc.gov/flu) for more information.

1. <https://www.cdc.gov/flu/spotlights/vaccine-reduces-severe-outcomes.htm>
2. <https://www.cdc.gov/media/releases/2017/p0403-flu-vaccine.html>
3. <https://www.cdc.gov/flu/about/burden-averted/2018-2019.htm>
4. <https://www.cdc.gov/flu/vaccines-work/effectiveness-studies.htm>
5. <https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm>
6. <https://www.cdc.gov/flu/prevent/vaccine-benefits.htm>
7. <https://www.cdc.gov/flu/prevent/general.htm>

