

Flu Fact Sheet



Flu and Children

- Children are most likely to get and spread the flu, so vaccination can decrease flu among children and adults.



The flu vaccine has been found to **prevent death by as much as 65 percent** in otherwise healthy children.

- Children aged 6 months through 8 years who are receiving a flu vaccine for the first time should receive two doses, for maximum protection.

Did you know...

- 1 Everyone 6 months and older needs a flu vaccine every year.
- 2 The flu vaccine is our best defense against the flu.
- 3 You cannot get the flu from the flu vaccine!
- 4 The flu is a serious disease that kills thousands of people each season.
- 5 Take flu symptoms seriously - get a flu test and take antivirals if prescribed to reduce the spread of flu.

Flu and Pregnant Women



The flu shot is safe for pregnant women to receive during any trimester of their pregnancy.

- Pregnancy causes changes in the immune system, heart, and lung function, which makes pregnant women more susceptible to flu-related complications.
- Because babies cannot get their own flu vaccine until they are 6 months old, flu vaccination during pregnancy helps protect pregnant mothers and their babies from hospitalization and death.



Flu and Seniors

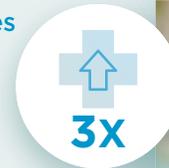
- Because our immune systems become less effective as we age, seniors are especially susceptible to flu-complications.

There are flu vaccines that are specially designed for seniors!



Flu and People With Chronic Health Conditions

People with diabetes are six times more likely to be hospitalized with flu and have a **three times higher risk of flu-related death.**



Those diagnosed with heart disease are at a **ten times increased risk of heart attack** following a flu infection.

People with asthma are at a greater risk of getting hospitalized with flu and developing pneumonia.



It's Not 'JUST' the Flu - It's a Serious, but Preventable, Disease!

Get Your Flu Vaccine Today!

To learn more, visit www.familiesfightingflu.org.     



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