Flu Fact Sheet

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 Children

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

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.