

FLU FACT SHEET

Did You Know ...

1. Influenza (flu) is the deadliest vaccine preventable disease in the U.S.
2. Everyone is at risk for the flu, regardless of age, gender, ethnicity, health status, or lifestyle, and anyone can spread the disease to others.
3. The flu vaccine is our best defense against the flu and the Centers for Disease Control and Prevention (CDC) recommend annual vaccination for **EVERYONE** six months and older, with rare exception.
4. You cannot get the flu from the flu vaccine!
5. An annual flu vaccine can help protect you, your family, and your community.

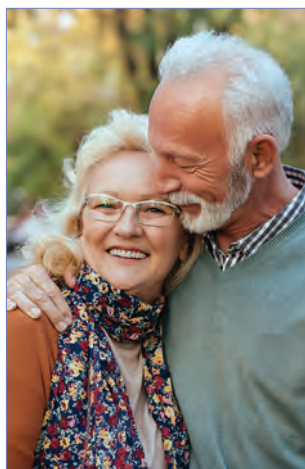


FLU AND CHILDREN

- On average in the U.S. every year, 38 million school days are missed due to flu.
- The flu vaccine has been found to prevent death in otherwise healthy children by as much as 65 percent, and has been shown to reduce the risk of flu illness by approximately 60 percent.
- Children aged 6 months through 8 years who are receiving a flu vaccine for the first time should receive two doses, spaced at least 28 days apart. Children who previously received a flu vaccine require only one dose.
- Children are often the “spreaders” of germs within their communities, so vaccinating school-aged children against the flu can help reduce the spread of flu.

FLU AND PREGNANT WOMEN

- The inactivated flu vaccine (i.e., 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 such as premature labor and delivery, hospitalization, or even death.
- Flu vaccination during pregnancy helps protect pregnant mothers from possible flu-related complications, while also helping to protect their babies both before and following delivery.



FLU AND SENIORS

- Because our immune systems become less effective as we age, seniors are especially susceptible to severe flu-related complications such as hospitalization and death.
- Flu can put seniors at increased risk for heart attack, stroke, and other health disabilities, and can ultimately affect their quality of life.
- There are flu vaccines that are specially designed for seniors, including a high-dose vaccine and an adjuvanted vaccine. Ask your trusted healthcare professional which flu vaccine is right for you!

FLU AND PEOPLE WITH CERTAIN HEALTH CONDITIONS

- Individuals living with certain health conditions, such as asthma, diabetes, and heart disease, are at greater risk of flu-related complications, including hospitalization, catastrophic disability, and even death.
- People with diabetes are six times more likely to be hospitalized with flu and have a three times higher risk of flu-related death.
- Over 15 million people diagnosed with heart disease in the U.S. are at a ten times increased risk of heart attack following a flu infection.
- It is especially important for people with existing health conditions to receive an annual flu vaccine to help protect them against severe flu-related complications.



FAMILIES
FIGHTING FLU, INC.

Remember: It's Not 'Just' the Flu – It's a Serious Disease!

For more information, visit www.familiesfightingflu.org