

# Flu Fact Sheet



## 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 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, spaced at least 28 days apart.
- 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.

## 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 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.
- 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.

**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.
- 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.

**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.



**It's Not 'JUST' the Flu - It's a Serious Disease!**

**Get Your Flu Vaccine Today!**

To learn more, visit [www.familiesfightingflu.org](http://www.familiesfightingflu.org).     



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