



HERE'S WHAT YOU NEED TO KNOW TO FIGHT FLU THIS SEASON!

Battling the flu can be dangerous, but protecting yourself from this vaccine-preventable disease is possible. Arming yourself with accurate flu information and practicing healthy habits, including getting an annual flu vaccination, will help you avoid this serious and potentially deadly disease.

Protect Yourself

The Centers for Disease Control & Prevention (CDC) recommends that everyone **6 months of age and older** receive an annual flu vaccination, with rare exception.¹



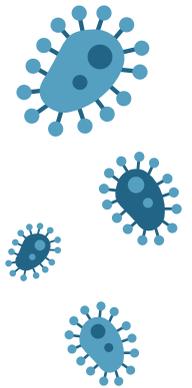
Know the Flu Facts



- Flu is a **highly contagious viral infection of the respiratory tract** (nose, throat and lungs) that can also affect other organs in the body.^{2,3}
- **Flu virus spreads by tiny droplets** made when people with flu cough, sneeze or talk.²
- Symptoms tend to develop quickly and may include: **fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue.**³
- In the U.S., **flu season can begin in October and last as late as May**, with peak activity typically between December and February.

Understand the Benefits of the Flu Vaccine

- Flu vaccines - available in the U.S. for more than 50 years - are **safe and provide the best protection against flu.**¹
- Circulating **flu strains change from year to year**, which is why the flu vaccine is updated annually. The selection of flu strains included in the annual vaccine is based on year-round, worldwide surveillance by 100+ influenza centers in 100+ countries.⁴
- It's **best to get vaccinated before flu starts** circulating in your area, preferably by the end of October.
- For children younger than 9 years old receiving a flu vaccine for the first time, **a second dose is required.**⁵
- It takes **2 weeks** after vaccination for your body to develop protection against the flu.¹
- There are **different kinds of flu vaccines available**, including ones for older adults age 65+.



Flu by the Numbers



Upwards of **56,000 flu deaths** occur annually in the U.S.,¹ more than any other vaccine-preventable disease.



Hospitalizations due to flu range from approximately **140,000 to 710,000** cases per year.¹



Only **~60% of children and ~40% of adults** are vaccinated against the flu each year.⁶



The annual economic burden of flu in the U.S.: **\$87 billion+.**⁷



Every year, children miss approximately **38 million school days,**⁸ and employees miss approximately **17 million work days**⁹ due to flu.

Help Your Community Stay Flu Free

When you get an annual flu vaccine, you're not only protecting yourself, you're also helping to reduce the spread of flu to others in your community. This is important for people who are at high-risk for flu complications, such as pregnant women, older adults, or infants and young children. Learn how flu impacts these groups:

CHILDREN

- Children are often the “spreaders” of germs in their communities and have the **highest rate of infection** from flu.¹⁰
- Young children are at higher risk of developing serious complications from flu, including **hospitalization and even death**.^{3,6} On average in the U.S., **more than 100 children** die from flu every season.¹¹
- Flu vaccination has been found to prevent death in otherwise healthy children by as much as **65 percent**.¹¹



PREGNANT WOMEN & NEW MOMS

- Changes in **immune, heart, and lung functions** during pregnancy make pregnant women more likely to suffer from severe flu-related illness that can result in hospitalization or preterm labor and delivery.¹²
- Getting a flu vaccination during any trimester of pregnancy passes antibodies to the baby, which can **reduce their risk of catching flu by 70 percent** during the first six months of life.¹³

ADULTS 65 YEARS+

- Older adults are at an increased risk of suffering from flu complications because of a **weakened immune system or age-related chronic conditions**.¹⁴
- Older adults may experience different types of flu symptoms, such as:¹⁵
 - More frequent gastrointestinal symptoms (e.g., **pain, diarrhea, nausea, or vomiting**)
 - Bacterial lung infection (**bronchitis or pneumonia**)
 - Increased risk of **heart attack or stroke**



For more information, visit:

 <https://www.familiesfightingflu.org>  <https://www.twitter.com/famfightflu>  <https://www.facebook.com/familiesfightingflu>

 <https://www.instagram.com/familiesfightingflu>  <https://www.linkedin.com/company/families-fighting-flu>

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