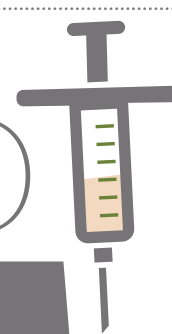


Take a Shot

AT THE FLU



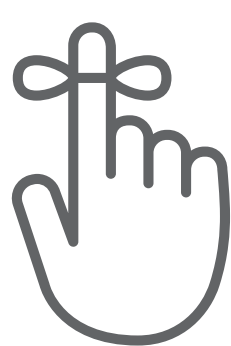
THE FLU SHOT PROVIDES PROTECTION THAT WASHING YOUR HANDS, COVERING YOUR MOUTH AND AVOIDING SICK PEOPLE CAN'T MATCH.

DO I NEED A FLU SHOT?



WITH RARE EXCEPTIONS, EVERYONE SIX MONTHS AND OLDER SHOULD GET A FLU VACCINE, ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC). TRY TO GET YOURS IN THE EARLY FALL, BEFORE THE FLU SEASON BEGINS.

IT'S **IMPORTANT** TO GET A **FLU SHOT** **EVERY YEAR** FOR TWO REASONS:



1. FLU VIRUSES CONSTANTLY CHANGE, AND EACH VACCINE IS UPDATED TO COMBAT THEM.
2. YOUR IMMUNITY DECREASES WITH TIME, SO YOUR FLU SHOT FROM LAST YEAR WILL NOT BE EFFECTIVE.

THE ODDS ARE IN **%**
Your Favor

DURING THE 2016–2017 FLU SEASON, FLU SHOTS **PREVENTED:**

- › **5.3 MILLION** CASES OF THE FLU
- › **2.6 MILLION** FLU-RELATED MEDICAL VISITS
- › **85,000** FLU-RELATED HOSPITALIZATIONS

Will a Flu Shot Keep Me From Getting the Flu?



› THE CDC STATES THAT FLU VACCINES ARE BETWEEN **40** AND **60** PERCENT EFFECTIVE AT FLU PREVENTION.

› EVEN IF YOU DO GET THE FLU, YOUR SYMPTOMS WILL BE MUCH LESS SEVERE AFTER A FLU SHOT.

› ACCORDING TO RESEARCH, VACCINATED ADULTS WERE 59 PERCENT LESS LIKELY TO BE ADMITTED TO THE ICU IF THEY WERE HOSPITALIZED THAN THOSE WHO WERE NOT VACCINATED.

› THOSE WHO WERE ADMITTED TO THE ICU STAYED, ON AVERAGE, FOUR DAYS LESS THAN THOSE WHO WERE NOT VACCINATED.

PEOPLE WHO ARE MOST AT RISK FOR THE FLU INCLUDE:



BABIES AND YOUNG CHILDREN



PREGNANT WOMEN



PEOPLE WITH COMPROMISED IMMUNE SYSTEMS



THOSE 65 AND OLDER



IT'S NOT JUST YOU

YOUR IMMUNE SYSTEM ISN'T THE ONLY ONE THAT WILL BENEFIT FROM YOUR FLU SHOT—IT PREVENTS YOU FROM PASSING IT ON TO MEMBERS OF YOUR COMMUNITY WHO HAVE A HIGH RISK OF DEVELOPING SERIOUS COMPLICATIONS FROM THE FLU, SUCH AS:

- › **PNEUMONIA** › **BRONCHITIS**

WHERE CAN I GET A FLU SHOT?

FLU SHOTS MAY BE OFFERED IN THE FOLLOWING PLACES:

- › DOCTOR'S OFFICES › PHARMACIES
- › WALK-IN CLINICS › HEALTH DEPARTMENTS



Visit altru.org/flu to find an Altru flu shot clinic near you.

Sources: cdc.gov, cdc.gov, cdc.gov, cdc.gov, vaccines.gov, nfid.org

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