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?

1. THE CDC STATES THAT FLU VACCINES ARE BETWEEN 40 AND 60 PERCENT EFFECTIVE AT FLU PREVENTION.
2. EVEN IF YOU DO GET THE FLU, YOUR SYMPTOMS WILL BE MUCH LESS SEVERE AFTER A FLU SHOT.
3. ACCORDING TO RESEARCH, VACCINATED ADULTS WERE 59 PERCENT LESS LIKELY TO BE ADMITTED TO THE ICU THAN THOSE WHO WERE NOT VACCINATED.
4. THOSE WHO WERE ADMITTED TO THE ICU STAYED, ON AVERAGE, FOUR DAYS LESS THAN THOSE WHO WERE NOT VACCINATED.

WHERE CAN I GET A FLU SHOT?
FLU SHOTS MAY BE OFFERED IN THE FOLLOWING PLACES:
- DOCTOR’S OFFICES
- WALK-IN CLINICS
- PHARMACIES
- HEALTH DEPARTMENTS

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

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

This publication in no way seeks to diagnose or treat illness or to serve as a substitute for professional medical care.

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