

DO YOU KNOW THESE FACTS ABOUT THE FLU?



THE FLU CAN CAUSE REAL HARM — EVEN TO YOU.

In a 10-year study, 1,227 adults 40 years of age and older had a ~10x increased risk of first heart attack and 762 adults 40 years of age and older had a ~8x increased risk of first stroke within 1-3 days of getting the flu.

THE FLU CAN HURT EVEN HEALTHY PEOPLE.

Influenza can lead to serious complications, including hospitalization, for otherwise healthy individuals. In addition, otherwise healthy people who come down with the flu can then spread it to more vulnerable individuals, such as young children, the elderly, and those with certain chronic illnesses.

Another way to think about it is that vaccination is part of a healthy lifestyle. If you live healthy, eat healthy, and exercise regularly, for example, influenza vaccination can also help you stave off flu and its complications.

YOU MIGHT STILL GET THE FLU, BUT THAT DOESN'T MEAN THE VACCINE DOESN'T WORK.

Being vaccinated improves your chances of avoiding the flu. There are several flu viruses out there, so it is possible that you might still get the flu. But getting a flu vaccine has been shown to reduce the severity of illness in people who get vaccinated but still get sick.

THE FLU SHOT CANNOT GIVE YOU THE FLU.

Flu shots do not cause the flu. The symptoms you may feel after a shot are not the flu. They are part of the normal process of your body's immune system developing an immune response to the virus to help protect you from the flu.

As this process can take up to 2 weeks, people may come down with the flu shortly after receiving a vaccine.

FLU VACCINES ARE ONE OF THE BEST WAYS TO PROTECT AGAINST THE FLU.

Flu vaccines are proven to provide protection against the flu and reduce severity of illness in people who get vaccinated but still get sick. Flu vaccination also reduces the risk of flu-related hospitalizations and potentially serious flu complications in people with certain chronic health conditions, such as heart disease, chronic lung disease, and diabetes.



ASK YOUR HEALTHCARE PROVIDER ABOUT GETTING A FLU VACCINE TODAY

FACTS ABOUT THE FLU



A NEW FLU VACCINE IS NEEDED EVERY YEAR BECAUSE FLU EVOLVES.

The flu vaccine you received for last year's flu season may not offer protection from this year's flu. Influenza is constantly changing, and the flu vaccines are updated each year to help protect against the specific viruses circulating that season. Even if you received a flu vaccine last year, you could benefit from a flu vaccine this year.

COVID-19 VACCINES WILL NOT PROTECT YOU AGAINST THE FLU.

A flu vaccine is needed to help protect against the flu. Both flu and COVID-19 vaccines are important and recommended. While CDC guidelines allow you to receive both vaccines at the same time during the same visit, you should still follow the recommended vaccination schedules for each.

IF YOU ARE PREGNANT, A FLU SHOT HELPS PROTECT YOU AND YOUR BABY.

Pregnant people should get the flu shot, not the nasal spray flu vaccine. Getting a flu shot while you're pregnant helps protect you from flu. But did you know it also helps protect your baby from flu and flu-related hospitalizations during the first few months of life, when they are too young to receive the vaccine?

GETTING YOUR FLU SHOT CAN ALSO HELP PROTECT OTHERS.

You can help protect people who might be more vulnerable to flu, like babies and young children, older people, and people with chronic health conditions.

EGG ALLERGY? ASK YOUR HEALTH CARE PROVIDER IF AN EGG-BASED VACCINE IS OKAY FOR YOU.

Per CDC, egg allergy alone does not require additional safety measures for influenza vaccination beyond those recommended for any vaccine regardless of previous reaction to egg.



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