

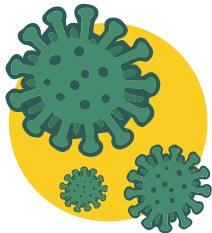
# FLU VACCINE: GET THE FACTS

## Your Best Protection Against Flu

Millions of people get the flu every year, hundreds of thousands of people are hospitalized, and thousands or tens of thousands of people die.

The Centers for Disease Control and Prevention (CDC), public health professionals, and our practice recommend that everyone 6 months of age and older should get a flu vaccine every year. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent serious flu complications that can result in hospitalization and even death.<sup>1,2</sup> CDC estimates that during the 2016–2017 flu season, **flu vaccination prevented an estimated 5.3 million flu illnesses, 2.6 million flu medical visits, and 85,000 flu hospitalizations.**<sup>3</sup>

## Flu Vaccine Reduces Your Risk of Flu



A flu vaccine is the best way to help prevent flu and its potentially serious complications. Remember that flu vaccine not only protects you, but it also can help protect those around you.

30-60%

During recent seasons, flu vaccine has reduced the risk of flu illness in vaccinated people by between 30% and 60%.<sup>(4,5)</sup> A 2017 study was the first of its kind to show that flu vaccination can significantly reduce a child's risk of dying from influenza.



While some people who get a flu vaccine still get sick, vaccination can make their illness less severe. Two studies among hospitalized flu patients showed that flu vaccination reduced intensive care unit admissions and duration of hospitalization.

## Flu Vaccination Especially Important for Some

Flu vaccination is especially important for people who are at high risk of developing serious complications from flu, including adults 65 and older, children younger than 5 years, pregnant women, and people with certain chronic health conditions, such as diabetes, heart disease, and asthma.

## Proven Safety Record

For more than 50 years, **hundreds of millions of Americans have safely received seasonal flu vaccines** and there has been extensive research supporting its safety.<sup>7</sup> **Side effects from flu vaccination are generally mild**, especially when compared to symptoms of flu.<sup>7</sup>

**Talk to someone in our office about getting a flu vaccine this fall.** Our staff is ready to answer your questions.

Visit [www.cdc.gov/flu](http://www.cdc.gov/flu) for more information.

1. <https://www.cdc.gov/flu/spotlights/vaccine-reduces-severe-outcomes.htm>
2. <https://www.cdc.gov/media/releases/2017/p0403-flu-vaccine.html>
3. <https://www.cdc.gov/flu/about/disease/2016-17.htm>
4. <https://www.cdc.gov/flu/professionals/vaccination/effectiveness-studies.htm>
5. <https://www.cdc.gov/flu/about/qa/vaccineeffect.htm>
6. <https://www.cdc.gov/flu/prevent/vaccine-benefits.htm>
7. <https://www.cdc.gov/flu/protect/vaccine/general.htm>

FIGHT FLU



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