

# 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 ~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 one week 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 children, the elderly, and those with a chronic illness.

But 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.

**THE FLU SPREADS, EVEN WHEN PEOPLE ARE WEARING MASKS.**

Wearing a mask and physical distancing can help protect you and others from respiratory diseases, including the flu. However, the best way to reduce your risk of flu illness and potentially serious complications from it is to get vaccinated with a flu shot.

**THE FLU VACCINE 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 unrelated to the vaccine itself.

**FLU VACCINES ARE THE BEST PROTECTION 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, lung disease, and diabetes.

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

The flu vaccine you received for last year's flu 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 will 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.



**ASK YOUR HEALTHCARE PROVIDER ABOUT GETTING A FLU VACCINE TODAY**

# FACTS ABOUT THE FLU AND CHILDREN



**CHILDREN CANNOT  
GET THE FLU FROM  
THE FLU VACCINE.**

**EVEN THOUGH  
THE FLU WASN'T  
BAD LAST YEAR,  
YOUR CHILD NEEDS  
A FLU VACCINATION  
THIS YEAR.**

**ALL CHILDREN,  
EVEN HEALTHY  
CHILDREN, NEED  
A FLU VACCINE.**

Just like the vaccine for adults, flu vaccines do not cause the flu. However, flu shots can sometimes cause mild side effects that may be mistaken for flu and go away on their own within a few days.

Despite low disease circulation last flu season, flu can still pose a serious risk to children. Out of nearly 380,209 total hospitalizations, 48,298 were children hospitalized with flu-related complications during the 2019–2020 flu season. This risk can be reduced with flu vaccination.

Serious complications from flu can occur even if your child is healthy. Also, getting a flu vaccine helps protect not just your child, but others around them.



**ASK YOUR HEALTHCARE PROVIDER ABOUT GETTING YOUR CHILD A FLU VACCINE TODAY**