

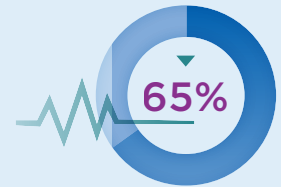
Did you know...

- 1 Everyone 6 months and older who is eligible needs a flu vaccine every year.
- 2 The flu vaccine is our best defense against the flu.
- 3 You cannot get the flu from the flu vaccine!
- 4 The flu is a serious disease that kills thousands of people each season.
- 5 Take flu symptoms seriously - get a flu test and take antivirals if prescribed to reduce the spread of flu.



Flu and Children


- Children are most likely to get and spread the flu, so vaccination can help prevent the illness in families and communities.



The flu vaccine has been found to **prevent death by as much as 65 percent**¹ in otherwise healthy children.

- Children aged 6 months through 8 years who are receiving a flu vaccine **for the first time** should receive two doses, for maximum protection.

Flu and Pregnant Women

 **The flu shot is safe** for pregnant women to receive during any trimester of their pregnancy.

- Pregnancy causes changes in the immune system, heart, and lung function, which makes pregnant women more susceptible to flu-related complications.
- Because babies cannot get their own flu vaccine until they are 6 months old, flu vaccination during pregnancy helps protect pregnant mothers and their babies from hospitalization and death.



Flu and Seniors

- Because our immune systems become less effective as we age, seniors are especially susceptible to flu-complications.

There are flu vaccines that are specially designed for seniors!

65+

Flu and People With Certain Health Conditions

People with diabetes are six times more likely to be hospitalized with flu and have a **three times higher risk of flu-related death.**

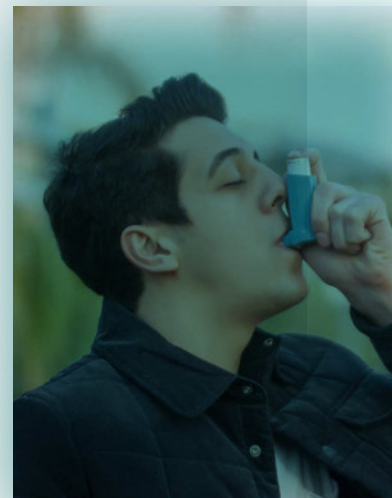

3X



10X

Those diagnosed with heart disease are at a **ten times increased risk of heart attack** following a flu infection.

People with asthma are at a greater risk of getting hospitalized with flu and developing pneumonia.



It's Not 'JUST' the Flu - It's a Serious, but Preventable, Disease!

Get Your Family's Flu Vaccines Today!

To learn more, visit www.familiesfightingflu.org.



National Association of Pediatric Nurse PractitionersSM



FAMILIES FIGHTING FLUSM

¹Flu vaccine effectiveness for children and older adults. (2024, August 14). Flu Vaccines Work. <https://www.cdc.gov/flu-vaccines-work/risk-groups/index.html>