



Help protect the many
lives you touch.

Get your annual influenza vaccination.

You can start spreading influenza even before you know you have it! Help protect yourself, your loved ones, and others around you. Talk to your employer to schedule your influenza vaccination today.



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Fast Facts About Influenza and Vaccination

Influenza is a serious matter

- Influenza is a contagious disease of the respiratory tract (nose, throat, and lungs) that can lead to serious complications, including pneumonia, dehydration, and worsening of chronic conditions such as congestive heart failure, asthma, or diabetes²
- Its symptoms, which can disrupt your work and social plans for up to two weeks,³ may include fever, headaches, extreme tiredness, cough, sore throat, nasal congestion, and body aches²
- Each year on average, in the United States more than 200,000 people are hospitalized and 36,000 die from influenza-related complications²

Why vaccination is worth it

- The Centers for Disease Control and Prevention (CDC) state that “the single best way to prevent the flu is to get a flu vaccination each year”¹
- Influenza vaccination is convenient and inexpensive—particularly when compared to the cost of contracting the disease
- When the match between the influenza vaccine and the circulating strains is close, influenza vaccination is highly effective, preventing illness in about 70% to 90% of healthy people younger than 65 years⁴
- Getting an influenza vaccination not only helps protect you, it also helps protect your loved ones, friends, and co-workers because it can prevent you from spreading the disease should you get infected

Influenza vaccination may not prevent the disease in 100% of individuals. Persons should consult their healthcare provider to determine if they have a condition that precludes them from receiving the vaccine. All vaccines have side effects. The most common side effects of influenza vaccines include local reactions and mild general symptoms.

References 1. Key Facts about Influenza and the Influenza Vaccine. Available at: www.cdc.gov/flu/keyfacts.htm. Accessed May 2007. 2. Questions & Answers: The Disease. Available at: www.cdc.gov/flu/about/qa/disease.htm. Accessed May 2007. 3. Influenza: The Disease. Available at: www.cdc.gov/flu/about/disease.htm. Accessed May 2007. 4. Questions & Answers: Flu Shot. Available at: www.cdc.gov/flu/about/qa/flushot.htm. Accessed May 2007. 5. Prevention and Control of Influenza. Recommendations of the Advisory Committee on Immunization Practices. Available at: www.cdc.gov/mmwr/preview/mmwrhtml/rr55e628a1.htm. Accessed May 2007.

Clearing up the confusion

- There are many misconceptions regarding influenza vaccination. Here are just a few of the most common myths and facts about the influenza vaccine...

MYTH:

“I might catch the flu from the vaccine.”

FACT:

Injectable influenza vaccines are made from influenza viruses that have been killed, and a killed virus cannot give you the disease⁴

MYTH:

“I’ve heard the side effects from the shot are worse than the flu itself.”

FACT:

Most people who get an influenza vaccination have no serious problems from it.⁴ However, a vaccine, like any medicine, may cause serious problems, such as severe allergic reactions.

MYTH:

“It’s only for old people and young kids.”

FACT:

The elderly and young children are just two of the groups considered to be at increased risk for complications from influenza,⁵ but influenza vaccination may benefit anyone over the age of 6 months*—even healthy adults

MYTH:

“I missed the vaccination season.”

FACT:

Although October and November are the recommended months for vaccination (because that’s when the viruses begin to circulate), getting one later in the season (December through March) can still help protect you and your loved ones from influenza^{1,2}

*Influenza vaccinations are not currently approved for children under 6 months of age.



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