



# FIGHT FLU

## Why get a flu vaccine?

**An annual flu vaccination is the best tool currently available to protect against influenza (flu), a serious disease which sickens millions of people each year.**

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccination as the first and most important step in protecting against flu and its potentially serious complications. Millions of people have safely received flu vaccines for decades. Flu vaccination can reduce flu illnesses, doctor visits and missed work and school due, as well as prevent flu-related hospitalizations.

### Reasons to get a flu vaccine:

- ✓ Flu vaccination can keep you from getting sick from flu.
- ✓ Flu vaccination can reduce the risk of flu-associated hospitalization.
- ✓ Flu vaccination is an important preventive tool for people with chronic health conditions.
- ✓ Flu vaccination also has been shown to be associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%).
- ✓ Vaccination helps protect women during and after pregnancy. Getting vaccinated also protects the baby several months after birth.
- ✓ Flu vaccination also may make your illness milder if you do get sick.
- ✓ Getting vaccinated also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people and people with certain chronic health conditions.

### How well do flu vaccines work?

Studies by CDC researchers and other experts indicate that the flu vaccine reduces the risk of flu-related doctor visits by approximately 50 to 60 percent among the overall population when the vaccine viruses are like the ones spreading in the community. Other studies have shown similar protection against flu-related hospitalizations.

A flu vaccination does not guarantee protection against the flu. Some people who get vaccinated might still get sick. However, people who get a flu vaccine are less likely to get sick with flu or hospitalized from flu than someone who does not get vaccinated.



The most important factors that affect how well the flu vaccine works include:

- The “match” between the flu vaccine and the flu viruses that are spreading that season; and
- Factors such as the age and overall health of the person being vaccinated. For example, older people with weaker immune systems may respond less well to vaccination.

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION / [WWW.CDC.GOV/FLU](http://WWW.CDC.GOV/FLU)