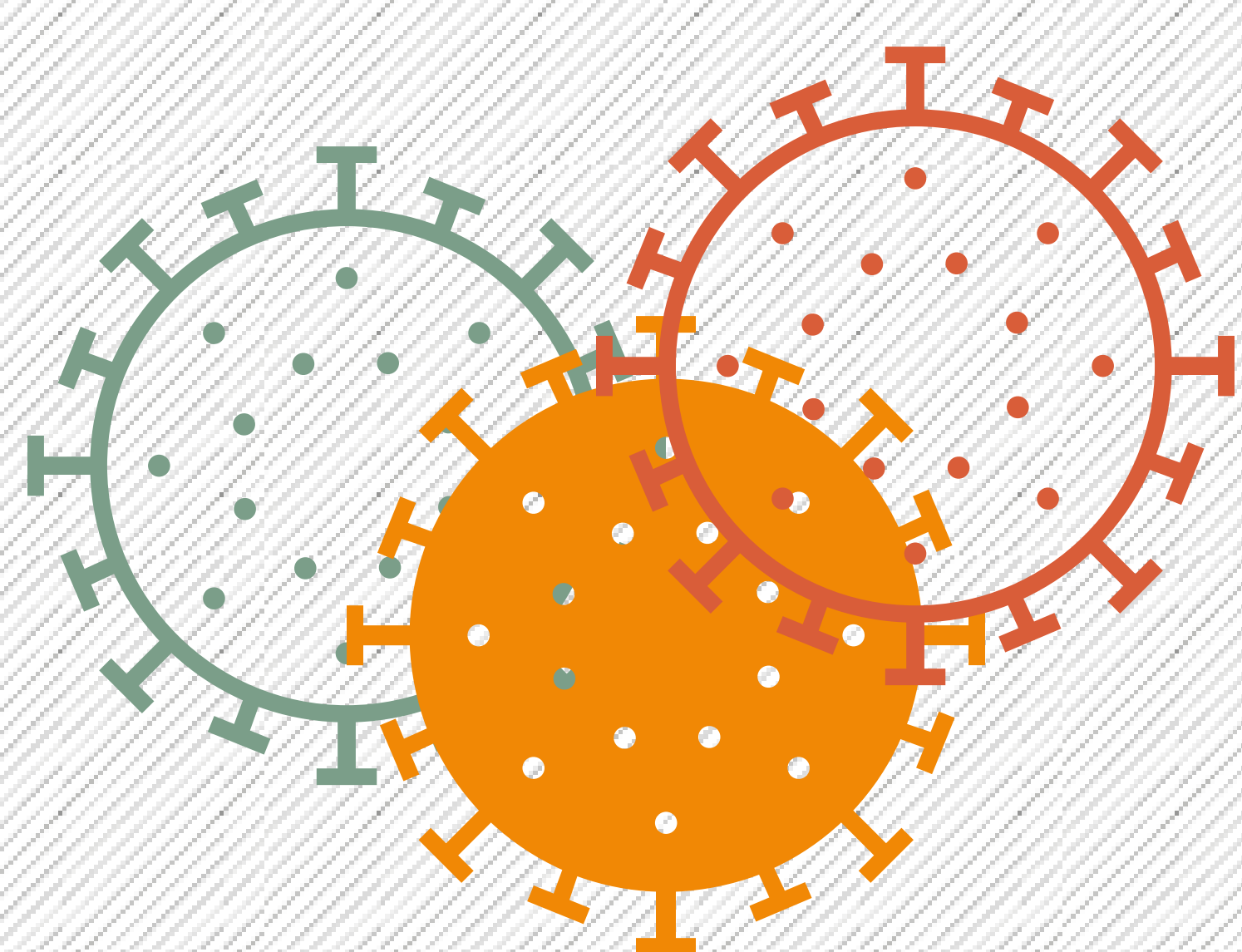


# Your Best Shot at Surviving the Flu Season



## What is the flu?<sup>1</sup>

A respiratory virus known as influenza that causes infection of the nose, throat and lungs.



## Flu Symptoms<sup>1</sup>



Congestion



Cough



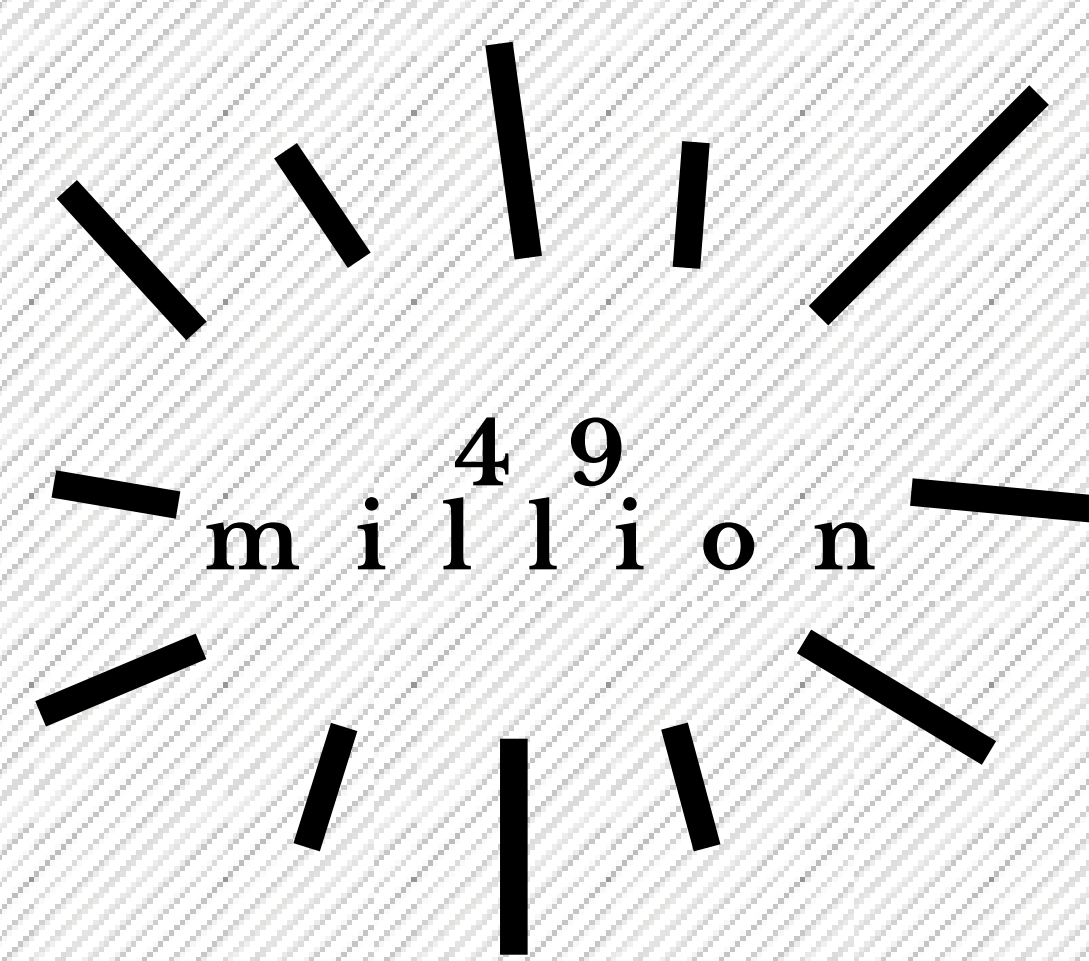
Fever



Fatigue

2017-2018

## Influenza Statistics<sup>2</sup>



Estimated number of flu illnesses.



79  
thousand

Estimated number of flu deaths.

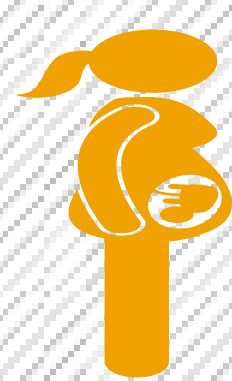
## Who should get the flu vaccine?<sup>3</sup>



Children above 6 months old.



Healthy adults.



Pregnant women.



Immunocompromised individuals.



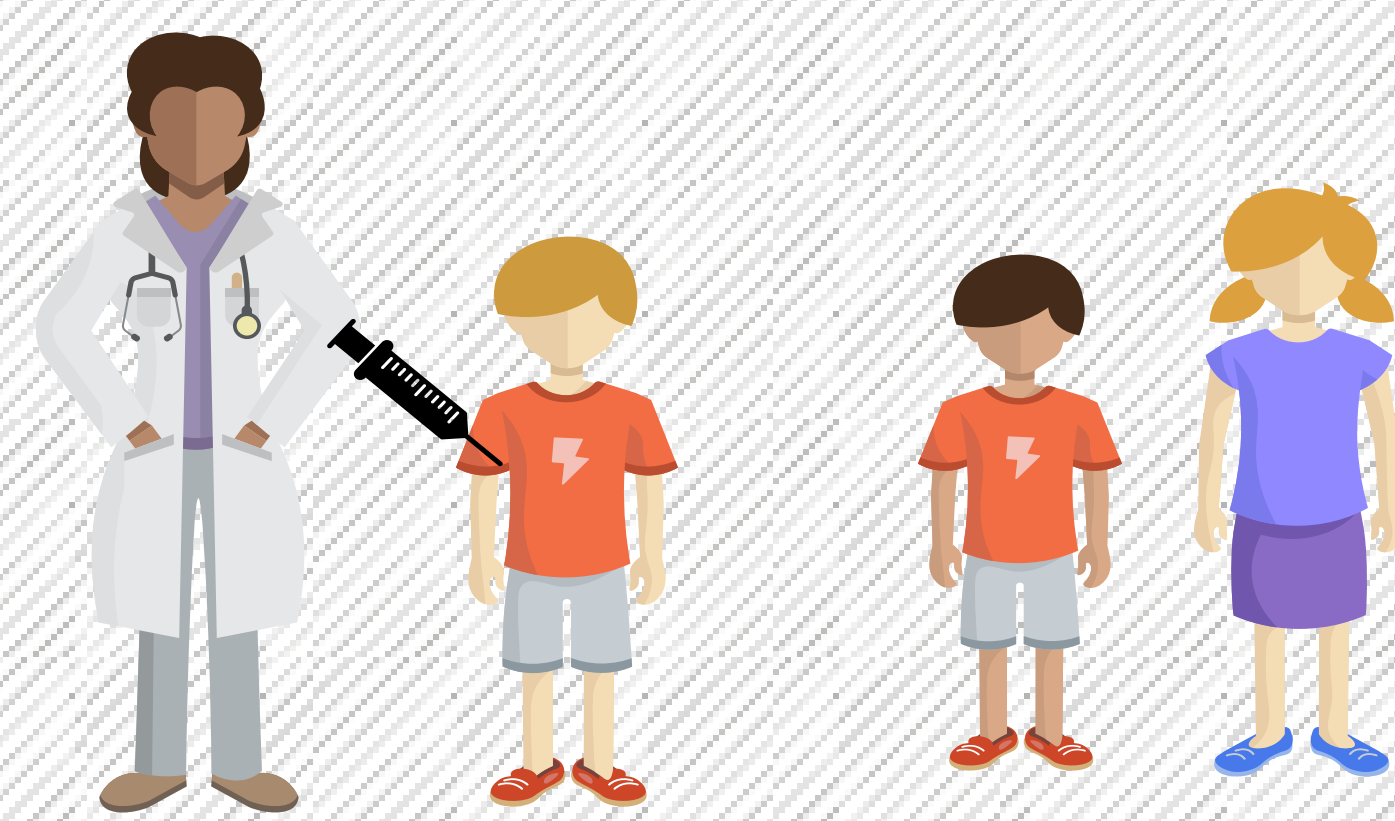
The elderly.

## How does the vaccine help?

Introduces your immune system to a weakened version of the virus.



Protection, immunity, and developed antibodies.

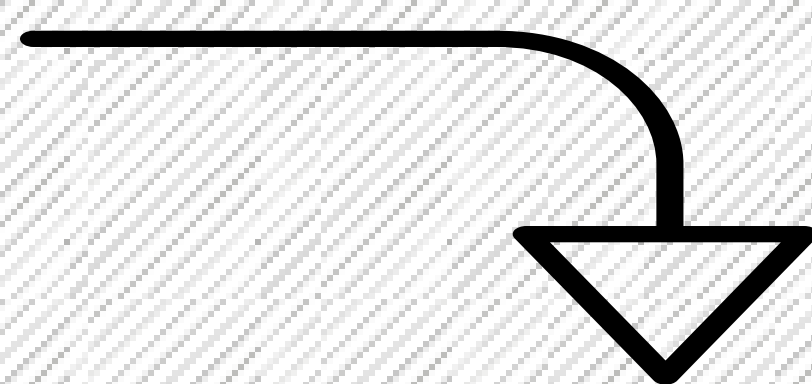


Does the flu vaccine really work?



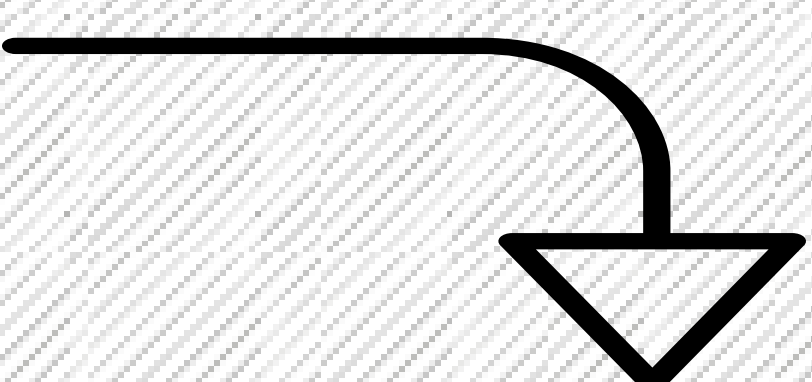
The flu vaccine lowers the risk of getting the flu, but doesn't guarantee you will not contract a different strain.

Will the flu vaccine give me the flu?



No, the flu vaccine does not cause the flu. The intramuscular vaccine is made from inactivated (killed) flu virus or a gene from the virus.<sup>4</sup>

What if I have an egg allergy?



Persons with previous anaphylactic reactions can receive a non-egg formulation of the vaccine or should be vaccinated in an inpatient/outpatient setting with medical surveillance.<sup>5</sup>

### References:

1. Key Facts About Influenza (Flu). Centers for Disease Control and Prevention. <https://www.cdc.gov/flu/about/keyfacts.html>. September 18, 2019. Accessed September 14, 2019.
2. Disease Burden of Influenza. Centers for Disease Control and Prevention. <https://www.cdc.gov/flu/about/burden/index.html>. September 18, 2019. Accessed September 14, 2019.
3. Hibberd PL. Seasonal influenza vaccination in adults. Post TW, ed. UpToDate, Waltham, MA. UpToDate Inc. <https://www.uptodate.com>. Accessed September 22, 2019.
4. Vaccines: The Basics. Centers for Disease Control and Prevention. <https://www.cdc.gov/vaccines/vpd/vpd-vac-basics.html>. September 18, 2019. Accessed September 23, 2019.
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