Influenza Facts from GetA*FluShot*.com

- Influenza affects 5-20% of the population each year.
- Flu Shots reduce the risk of influenza by up to 90%.
- Flu Shots are recommended annually to provide protection.
- Vaccination is the single greatest way to prevent flu and its associated illnesses, hospitalizations and deaths.
- Persons infected with flu will shed the virus for 24-48 hours prior to having symptoms. This shedding is very infectious to those around them.
- **A flu shot not only protects the individual, but also protects family members, co-workers and other close contacts by decreasing the risk of flu transmission.**
- Among healthy working adults, flu shots are shown to be cost effective in reducing illness.
- Flu is a killer, causing between 3300 and 48,000 deaths each year.
- The majority of deaths from influenza are among people 65 years of age or older, but also takes the lives of healthy children & young adults.
- There are an average of 200,000 influenza related hospitalizations each year, **over half of those hospitalized are younger than 65**. This does <u>not include</u> out-patient visits.
- **It is impossible to get the flu from the flu shot.**
- **Most people have no adverse reaction to a flu shot.** The most common reaction is a mildly sore arm. Some people have mild flu-like symptoms that last 1-3 days.
- It takes 1-2 weeks to develop immunity after a flu shot. If you develop the flu during this time, it is because you were exposed to influenza prior to developing immunity.
- The Center for Disease Control now recommends vaccination for everyone atleast 6 months of age, including both the high-risk and the healthy.