

# Protect Yourself From the Flu

According to the Centers for Disease Control and Prevention (CDC), there were as many as 14,000 flu-related deaths and an estimated 170,000 hospitalizations in the last flu season.<sup>1</sup>



## FIVE REASONS TO GET THE FLU SHOT

- 1 What you touch can hurt you.** The flu virus can spread up to one day before a person has symptoms and can be transferred when people talk or touch things, such as their phones, desks or door handles.<sup>2</sup>
- 2 You may not have symptoms, but your friends and family may not be as lucky.** According to the Harvard School of Public Health, 20% to 30% of people who carry the influenza virus never experience flu-like symptoms, but they can still pass them on to others, who might not be so lucky.<sup>3</sup>
- 3 The flu shot does not cause the flu.** It takes two weeks for the antibodies that protect you against the flu to develop in the body; therefore, if you are exposed to the virus within those two weeks, you could still get the flu.
- 4 It can save lives in more ways than one.** Not only does the flu shot protect against the potentially deadly virus, a study found that adults were six times more likely to suffer a heart attack during the week after being diagnosed with the flu.<sup>4</sup>
- 5 Even if you don't think you need it, you do.** The Centers for Disease Control and Prevention (CDC) recommends that everyone over six months of age get a flu shot every year to protect themselves and others. The flu vaccination has been shown to reduce the risk of seeking medical care for the flu by 40 to 60%.<sup>5</sup>

## What to Know for the 2022-2023 Flu Season



It is recommended to get a flu vaccine by the end of October. However, receiving a vaccine after October can still provide protection during the peak flu season.



There are three flu vaccines recommended for people 65 years or older:

- Fluzone High-Dose Quadrivalent vaccine
- Flublok Quadrivalent recombinant vaccine
- Flud Quadrivalent adjuvanted vaccine



You can get a flu vaccine at the same time as a COVID-19 vaccine or booster shot.



The cost for the flu vaccine will vary depending on your plan and can be as low as \$0.



For more information about the flu or the vaccine, call **1-800-CDC-INFO** or visit **www.cdc.gov/flu**

<sup>1</sup> Centers for Disease Control and Prevention 2021-2022 U.S. Flu Season Preliminary Burden Estimates <https://www.cdc.gov/flu/about/burden/preliminary-in-season-estimates.htm>

<sup>2</sup> Centers for Disease Control and Prevention. How Flu Spreads.

<sup>3</sup> Harvard Health Publishing (2020). 10 Flu Myths. <https://www.health.harvard.edu/diseases-and-conditions/10-flu-myths>

<sup>4</sup> Cleveland Clinic (2022). Can the Flu Trigger a Heart Attack. <https://health.clevelandclinic.org/can-the-flu-trigger-a-heart-attack/#:~:text=Influenza%20related%20stress%20on%20your,coming%20down%20with%20the%20flu.>

<sup>5</sup> Centers for Disease Control and Prevention. Benefits of Flu Vaccination. <https://www.cdc.gov/flu/prevent/vaccine-benefits.htm>