

Protect yourself and the people who count on you.

Talk with your doctor about a flu vaccine today.



A flu shot is one of the simplest ways to protect your health this flu season. Here's what to know.

Who should receive a flu vaccine?



Annually for everyone ages 6 months and older, unless there's a medical contraindication

Stay healthy for the moments that matter.

In a recent flu season, the flu vaccine was estimated to be:

- » Up to 54% effective in preventing illness in adults
- » Even better at reducing hospitalizations

Vaccination makes a real difference.

In a recent flu season, flu vaccines helped prevent an estimated:



10 million illnesses



180,000 hospitalizations



12,000 deaths

Yet fewer than half of eligible adults got vaccinated.

Some people are more likely to get seriously ill.

Adults 65 and older carried the heaviest burden in a recent flu season:



57% of flu hospitalizations



71% of flu deaths

The flu can make it harder to manage what you're already working hard to control.

9 out of **10**

people hospitalized with the flu had at least one underlying medical condition.

Examples include:

- » Heart disease
- » Kidney disease
- » Diabetes
- » Weakened immune system
- » Asthma or COPD

If you're 65 or older, a high-dose flu vaccine is recommended.

However, a standard flu vaccine will still protect you if a high dose one is not available.

Your family doctor knows you best.

Talk with them about the flu vaccine that's right for you.

A quick conversation today can protect your whole year.



AAFP

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Source: Centers for Disease Control and Prevention (www.cdc.gov). All numbers are for the 2024–2025 flu season.