



Flu Vaccines:

An Easy Way to Protect Your Health

Vaccines save lives. That's why for many years, health insurance providers have actively encouraged Americans to get their vaccines to protect them from dangerous illnesses, including the flu. Those with health insurance coverage can get most vaccines for little or no cost-sharing.

Health insurance providers are stepping up their outreach to encourage everyone to get their flu vaccine – particularly older Americans, communities of color, and others who would be most vulnerable to the flu's worst outcomes.



Seniors represented **63% of the flu deaths** and **44% of the hospitalizations** in 2019-2020.¹



Flu vaccines have **reduced the risk of flu-related hospitalizations** among older adults by 40%.²



The flu vaccine can prevent millions of illnesses – 7.5 million in 2019-2020 flu season, for example.³

The seasonal flu infects roughly 26.5 million people per year, resulting in 12.7 million medical visits and 390,000 hospitalizations. Each year, 32,000 people die of the flu.⁴



A 2022 study showed that flu vaccination **reduced children's risk of severe life-threatening influenza by 75%.**⁵



Among adults, the flu vaccine can **reduce the risk of a flu-related ICU admission by 82%.**⁶



Only 48% of adults get the flu vaccine.⁷

Vaccines save lives. Get your flu vaccine.

1 <https://www.cdc.gov/flu/about/burden/2019-2020.html>

2 <https://www.ncbi.nlm.nih.gov/pubmed/28935236>

3 <https://www.cdc.gov/flu/about/burden-averted/2019-2020.htm>

4 <https://www.cdc.gov/flu/about/burden/past-seasons.html>

5 <https://www.cdc.gov/flu/prevent/flushot.htm>

6 <https://www.cdc.gov/flu/spotlights/2017-2018/vaccine-reduces-risk-severe-illness.htm>

7 <https://www.cdc.gov/flu/fluview/covage-1920estimates.htm>