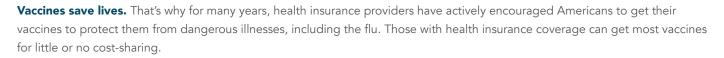


Flu Vaccines:

An Easy Way to Protect Your Health



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
- 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
- $5 \qquad \underline{\text{https://www.cdc.gov/flu/prevent/flushot.htm}}$
- https://www.cdc.gov/flu/spotlights/2017-2018/vaccine-reduces-risk-severe-illness.htm
- 7 https://www.cdc.gov/flu/fluvaxview/coverage-1920estimates.htm

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