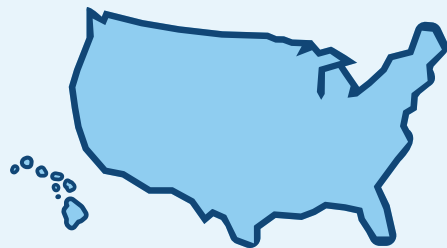


Protect yourself from the flu

The flu spreads quickly, and everyone is at risk of catching it – even healthy people. Flu symptoms like coughing and sneezing can also spread viruses to those around you. During the 2018-2019 flu season:*



35.5 million

Americans got sick with the flu



16.5 million

Americans had to see a doctor for the flu



46,000

children were hospitalized with the flu



A flu shot is the best way to protect against the flu.

Who should get a flu shot?

Everyone **6 months and older** should get a flu vaccine each year.



How does a flu shot work?

- It helps your body create antibodies to fight the flu virus.
- It takes **2 weeks** for the flu shot to start working.

Who is at high risk for flu complications?



Young children

65+

Adults 65 and older



Pregnant women



People with chronic conditions

What are flu complications?

The flu can lead to serious health problems. You could be hospitalized for:

- Pneumonia
- Respiratory failure
- Heart inflammation

For flu shot clinic locations, ask your doctor or nurse during your visit or go to kp.org/wa/flu-shot.

*"Estimated Influenza Illnesses, Medical visits, Hospitalizations, and Deaths in the United States – 2018-2019 influenza season," CDC.gov, 2020.