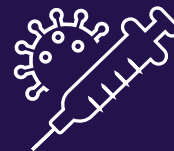


YOUR ANNUAL FLU SHOT IS MORE IMPORTANT THAN EVER

HERE'S WHY:

In a study,

~96% of patients with confirmed influenza were **un-vaccinated**.¹



According to CDC,

~95% of adults hospitalized for flu had at least **1 underlying condition** in a recent flu season.²

Flu has serious consequences^{2,b}:

UP TO
~82 MILLION
FLU CASES

UP TO
~37 MILLION
MEDICAL VISITS

CDC estimates* that, from October 1st, 2024 through May 17th, 2025³:

UP TO
~130,000
DEATHS

UP TO
~1.3 MILLION
HOSPITALIZATIONS



Don't Underestimate the Flu: It's More Than Just a Bad Cold⁴

If you think the flu is merely a severe cold, it's time to reconsider. Influenza can lead to serious and potentially life-threatening complications.

After having flu, adults 40+ could have a⁵:



increased risk of first heart attack 1-3 days after influenza infection[†]
n=1227



increased risk of first stroke 1-3 days after influenza infection[†]
n=762

[†]According to a self-controlled case series from 2004 to 2014 in adults aged 40+. The study did not investigate effects of non-flu respiratory viruses, age effects in detail, or co-infections. During the study, there were changes in microbiological testing practices.



About one-third of hospitalized people with lab confirmed influenza develop pneumonia, a serious complication linked to worse health outcomes, according to several different studies.⁶

In 2023-2024 season, flu vaccines prevented
~9.8 MILLION
FLU-RELATED ILLNESSES²

**SCHEDULE YOUR
FLU SHOT TODAY**

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WHY A FLU SHOT MATTERS

Flu season doesn't have to mean getting sick



Help protect Yourself From the Flu¹

Avoid flu symptoms and lost time. A flu shot can lower your odds of getting sick by 40–60% (during seasons when flu vaccine viruses are similar to circulating flu viruses), keeping you active and healthy.



May feel less severe flu reactions¹

If the flu does catch up with you, vaccination might mean milder symptoms, fewer complications, and shorter recovery time.



Help Stay Out of the Hospital¹

A study showed that flu shots can reduce severe outcomes, lowering ICU admission risk by 82% for adults with flu.

? FAQs

Are flu vaccines safe?²

Yes. According to the CDC, findings from vaccine safety monitoring systems and scientific studies demonstrate that flu vaccines have an excellent safety profile. Hundreds of millions of Americans have safely received flu vaccines for more than 50 years. The body of scientific evidence overwhelmingly supports their safety.

What are side effects for flu vaccines?²

Vaccines, like any medical product, can have side effects. Many people who get the flu vaccine report no side effects after vaccination. For those who do, symptoms are typically mild and resolve within a few days without treatment. Injection site reactions (soreness, redness or swelling), fever, muscle aches, headache, and fatigue are among the most common.

Can the flu shot cause flu illness?³

No, flu shots cannot cause the flu. Flu shots are made using inactivated (killed) viruses or specific proteins from the virus, neither of which can cause flu infection.

Can I receive my flu shot and COVID-19 vaccine at the same time?⁴

Yes. Be sure to follow the recommended CDC schedules for both vaccines.



HELP PROTECT YOU AND YOUR LOVED ONES AGAINST THE FLU. GET A FLU SHOT TODAY!

References: **1.** Centers for Disease Control and Prevention (CDC). Benefits of the Flu Vaccine. Accessed June 2025. <https://www.cdc.gov/flu/vaccines/index.html> **2.** Centers for Disease Control and Prevention (CDC). Influenza (Flu) Vaccine Safety. Accessed June 2025. <https://www.cdc.gov/vaccinesafety/vaccines/flu.html> **3.** Centers for Disease Control and Prevention (CDC). Key Facts About Seasonal Flu Vaccine. Accessed June 2025. <https://www.cdc.gov/flu/vaccines/keyfacts.html> **4.** Centers for Disease Control and Prevention (CDC). Getting a Flu Vaccine and Other Recommended Vaccines at the Same Time. Accessed June 2025. <https://www.cdc.gov/flu/vaccines/coadmin.html>