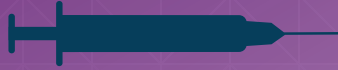


Catching the flu could lead to **pneumonia** and/or **death**.

~50,000 people die of the flu each year.

You could **spread** the flu for **2-7 days** before feeling sick.



## GET VACCINATED

Getting the flu shot reduces your risk of getting the flu by **40%-60%** and reduces the risk of spreading it to others.



## STOP THE SPREAD

Limit spreading the flu by getting vaccinated, avoiding contact with others, practicing cough etiquette, and washing your hands frequently.

# Protect Yourself and Family From the Flu

REDUCE  
RISK



If you get the flu, the flu shot reduces your risk of developing complications.

Anyone with a **chronic health condition**

Who is at risk for developing a **severe complication** from the flu?

**Adults 65 and older**

**Pregnant women**

**Children**

SAVE  
CHILDREN

**50%** of children are less likely to die of flu if vaccinated.

Children have a **higher mortality rate** than healthy adults.

Children are more likely to have **vomiting** and **diarrhea** than adults with the flu.

**Babies** < 6 months cannot get the flu shot, so they depend on **moms** and adults to get the flu shot to **protect** them.

To learn more, go to [chestfoundation.org/flu](http://chestfoundation.org/flu)

An educational campaign on the burden of disease from influenza, brought to you by the CHEST Foundation, in collaboration with Sanofi Pasteur.



Read the CHEST Foundation Patient Education disclosure at [chestfoundation.org/patient-education-disclosure/](http://chestfoundation.org/patient-education-disclosure/)