

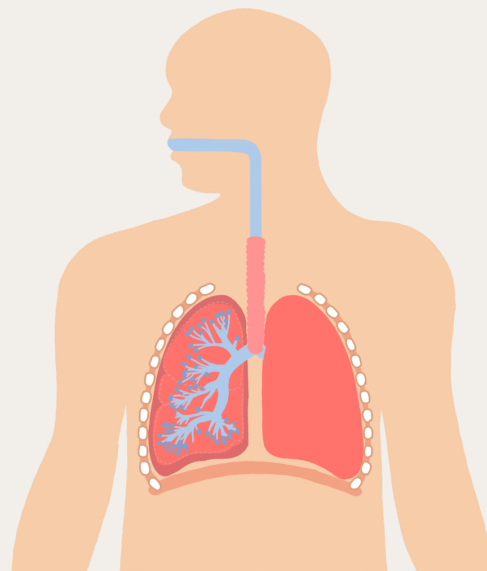
Protect Me From...

Influenza (Flu)



A RESPIRATORY VIRUS

CAUSES FEVER, COUGH, SORE THROAT, RUNNY NOSE, FATIGUE & MUSCLE ACHES



Disease Information

WHAT HAPPENS

The influenza virus infects the nose, throat, and lungs. It causes fever, cough, sore throat, body aches, and fatigue. Complications include pneumonia, worsening of chronic diseases (asthma, heart failure, secondary bacterial infections).

WHY GET VACCINATED

The Flu Can Kill.

Thousands of people in the United States die from flu and many more hospitalize. Can be mild or severe, especially in the elderly, young, pregnant, or immunocompromised

HOW IT SPREADS

Spread through coughing, sneezing, or close contact

Vaccine Information

HOW IT WORKS

The flu virus is always changing. Each year a new vaccine is made to protect against the virus likely to cause disease. This is an inactivated (killed) vaccine.

VACCINE SCHEDULE

- Recommended for everyone 6 months and older every flu season (October to May)
- Children 6 months through 8 years old may need 2 doses during a single flu season
- Everyone else needs only 1 dose each flu season

POTENTIAL SIDE EFFECTS



Soreness or swelling at injection site



Fever (100.4° F or greater)



Fatigue, muscle aches, headache

Influenza (Flu)



I-LED

**Immunization Literacy and
Empowerment of Detroit**

TALK WITH YOUR DOCTOR

If you/your child:

- Had a severe allergic reaction to a previous vaccine
- Are pregnant or breastfeeding
- Are currently ill
- Have a weakened immune system and need guidance on timing
- Have ever had Guillain-Barré Syndrome (also called “GBS”)



**MORE INFORMATION
FROM THE
CHILDREN'S
HOSPITAL OF
PENNSYLVANIA**



**PLEASE FILL OUT A
SHORT SURVEY TO
HELP US IMPROVE**

FAQ

Is the flu vaccine safe?

- Yes. The flu vaccine has been used for decades and is closely monitored for safety. Serious allergic reactions are rare

Does the flu vaccine cause the flu?

- The inactivated flu vaccine uses a killed virus, so it cannot cause the flu

How effective is the flu vaccine?

- Effectiveness varies each year depending on how well the vaccine matches circulating flu strains. However, vaccine consistently reduces flu-related illness, death, and severity.

How long does protection last?

- Protection typically lasts through the flu season but immunity decreases over time - this is why the yearly vaccine is recommended

Do I still need the flu vaccine if I'm healthy?

- Yes. Even healthy individuals can get very sick from the flu and can spread it to others. Vaccination helps protect both you and your community.