

## Take Your Best Shot to Fight the Flu

### Fast Facts about the Flu

As we round out the summer, flu season is just around the corner. The best way to protect you and your loved ones against influenza (flu) is to get a flu vaccination every flu season. Flu is a **contagious respiratory disease** that can lead to serious illness, hospitalization, or even death.

**Flu shots prevented** an estimated 7.5 million influenza **illnesses**, 3.7 million flu-related **medical visits**, 105,000 flu-related **hospitalizations**, and 6,300 flu-related **deaths** during the 2019-2020 flu season. However, despite the many benefits offered by the flu vaccine, **only about half** of Americans get an annual flu vaccine. The CDC recommends **everyone six months and older get an annual flu vaccine**.

### FIGHT THE FLU

Implement these steps to protect yourself and others this flu season.



Get your flu shot.

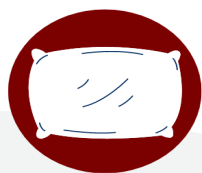


Cover your cough and sneeze.

Wash your hands often.



Clean and disinfect surfaces often.



Stay home if you are sick.



Avoid touching your face.

SOURCES: Centers for Disease Control & Prevention, World Health Organization, Healthline