

UNDERSTANDING THE FLU

As flu season arrives steps can be taken to minimize risks

A common viral infection, the flu affects up to 45 million people each year. Everyone is at risk, but some populations face a higher risk of severe complications. The Centers for Disease Control and Prevention, with rare exception, recommends everyone over six months of age get a flu shot each year. This year with the ongoing COVID-19 outbreak, it is more important than ever to get vaccinated.

BY THE NUMBERS:



On average

**8% OF THE
POPULATION**

gets the flu each year¹



More than

45% OF ADULTS

got a flu vaccine during the 2018-2019 flu season²



Adults **65+**

and people with underlying

CHRONIC CONDITIONS

are at an increased risk for severe complications³



Individuals may be able to

SPREAD THE FLU

before even knowing they are sick⁴

Sources:

- <https://www.cdc.gov/flu/about/keyfacts.htm>
- <https://www.cdc.gov/flu/fluview/coverage-1819estimates.htm>
- <https://www.cdc.gov/flu/highrisk/index.htm>
- <https://www.cdc.gov/flu/about/keyfacts.htm>