

Public Health is **EVERYWHERE**

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FLU PREVENTION

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year, hundreds of thousands of people are hospitalized and thousands of people die from flu-related causes every year. Even healthy people can get very sick from the flu and spread it to others. **An annual seasonal flu vaccine is the best way to reduce your risk of getting sick with seasonal flu and spreading it to others.** When more people get vaccinated against the flu, less flu can spread through that community. Flu vaccines are widely available in the community at many locations, including retail pharmacies and doctors' offices, as well as Summit County Public Health.

KEEP IN MIND...

- **The flu vaccine cannot give you the flu.**
Common side effects from the vaccine are a sore arm and possibly a low fever or achiness. These side effects, if experienced, are mild and short-lived.
- **Flu is a virus, not a bacterial infection.**
Antibiotics will not help.
- **Three main steps to preventing the flu:**
 - Get vaccinated
 - Wash your hands, wash your hands, wash your hands
 - Stay away from sick people when you are well, and away from well people when you are sick

STATISTICALLY SPEAKING...

- An estimated 200,000 people are hospitalized with the flu each year in the U.S.¹
- On average, it is estimated that there are more than 20,000 flu related deaths – many of which could have been prevented with a flu vaccine.²
- During the 2016–2017 influenza season, CDC estimates that flu vaccine prevented an estimated 5.3 million illnesses, 2.6 million medical visits, and 85,000 hospitalizations associated with influenza.³

^{1,2} Ohio Department of Health

³ Centers for Disease Control and Prevention

For more information about flu, please visit <https://www.scph.org/immunizations/flu>

Sound and video clips, photo stills and more information are available at
www.scph.org/media.



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