Flu is a leading cause of pneumonia

Across the U.S., the flu causes more than 200,000 hospitalizations each year.

AI/ANs are at higher risk than others for:
- Pneumonia and bronchitis
- Hospitalization
- Death

The flu poses a greater risk to:
- Young children and elders
- Pregnant women
- People with diabetes, extreme obesity, heart disease, or asthma and other lung problems

Flu symptoms can include:
- Fatigue (feeling very tired)
- Body aches or headaches
- Runny or stuffy nose
- Chills
- Cough
- Sore throat

*You can still have the flu and be contagious without a fever
The Benefits of Flu Vaccination:

The estimated number of influenza-associated illnesses prevented by flu vaccination during the 2013-14 season: **7.2 MILLION**

enough people to form a line from Maine to Oregon

Take 3 Actions to Fight the Flu:

1. **Get a flu vaccine each year**
2. Take everyday preventive actions to stop the spread of germs
   - Wash your hands often.
   - Cover coughs and sneezes
3. Take antiviral medicine if prescribed
Get the vaccine at:

Indian Health Service, tribal, or urban health clinics and doctor’s offices

Pharmacies or grocery stores

Community health fairs

Ask your Community Health Representative or Community Health Aide for more information!

Protect yourself. Protect your community.

Get vaccinated. Protect the circle of life.

---
