

# FACT: Less than 1/2 of Americans get annual flu shots

An annual flu vaccine is the best way to protect yourself and others from getting influenza. While many will opt out of the vaccine, they put others, such as the elderly and young children, at greater risk of contracting the flu.

Those who get the flu vaccine reduce their incidence of visits to the doctor by 60%. While the flu shot doesn't guarantee protection, it can prevent an illness from progressing to more serious stages that can lead to hospitalization, especially for those with weak immune systems.

Schedule an appointment to get a flu shot this month. Your community will be thankful for it later.



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