

# Flu Shot Facts!!

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**Fact:** *The flu is NOT just a bad cold.*

Influenza (flu) is a disease of the lungs, which can lead to pneumonia. Each year about 114,000 people in the U.S. are hospitalized and about 36,000 people die because of flu complications. Most who die are older than 65. But children younger than 2 are as likely as those older than 65 to be hospitalized because of the flu.

**Fact:** *Four hundred North Dakotans die annually from complications of flu and pneumonia.*

Each year, more than 90 percent of North Dakotans who die from complications of flu and pneumonia are age 65 and older. For this age group, the influenza vaccine is 50 to 60 percent effective in preventing hospitalization and 80 percent effective in preventing death.

**Fact:** *The flu shot can NOT give you the flu.*

Inactivated influenza vaccine is made from an influenza virus that has been killed and cannot give you the flu. An alternative to the influenza shot is the live attenuated influenza vaccine (FluMist). Please consult your physician for questions regarding FluMist.

**Fact:** *The very old and sick are NOT the only ones who need the flu shot.*

Even if you aren't at high risk of complications, you should get a flu shot to prevent the flu and to protect those you live with, friends, relatives and coworkers.

**Fact:** *December is NOT too late to get a flu shot.*

The flu shot can be given before or during the flu season. While the best time to get a flu shot is October or November, a flu shot later in the flu season will still protect you against the flu.



**FLU SHOT...**

**Your best line of defense!**

**Get yours today!**

For more information,  
contact your health care provider,  
local public health unit, pharmacist or  
the North Dakota Department  
of Health.

Information also is available at:  
[www.ndflu.com](http://www.ndflu.com).