

# IT'S NOT TOO LATE TO GET THE FLU SHOT

Protect more than yourself



**The flu shot is the best way to protect yourself and others.<sup>1</sup>**

- There is still time to protect yourself and others against the flu and its serious complications<sup>2</sup>
- Although flu peaks between December and February, activity can last as late as May<sup>3</sup>
- The CDC recommends that flu vaccination should continue as long as the flu is circulating<sup>2</sup>
- It can still be beneficial to receive a flu shot in January or later<sup>2</sup>

**EACH YEAR,**

**FLU SHOTS HAVE HELPED PREVENT 1.4-7.5 MILLION INFLUENZA ILLNESSES**

**AND 39,000-105,000 INFLUENZA-RELATED HOSPITALIZATIONS<sup>4</sup>**

\*CDC estimates from US 2010-2011 through 2019-2020 influenza seasons

**References:** **1.** CDC. Healthy habits to help prevent flu. Accessed May 5, 2021. <https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm> **2.** CDC. Key facts about seasonal flu vaccine. Accessed June 2, 2021. <https://www.cdc.gov/flu/prevent/keyfacts.htm> **3.** CDC. The flu season. Accessed July 28, 2021. <https://www.cdc.gov/flu/about/season/flu-season.htm> **4.** CDC. Past seasons estimated influenza disease burden averted by vaccination. Accessed April 6, 2021. <https://www.cdc.gov/flu/vaccines-work/past-burden-averted-est.html>



**DON'T WAIT,  
GET YOUR FLU SHOT**

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