



# DON'T LET THE FLU OR PNEUMONIA KEEP YOU FROM DOING WHAT YOU LOVE.

## GET VACCINATED TODAY!

Why are flu and pneumonia vaccinations so vitally important for men and women 65 and older?

- They can prevent you—and your family members—from getting sick.
- They reduce the likelihood of hospitalized with flu-related complications, including pneumonia, bronchitis, sinus infections, and more.
- They're a simple, low-cost (or even no-cost) way to protect yourself and your family.



## JUST THE FACTS

There's no shortage of misconceptions about the flu vaccine. We'd like to clear up three big ones.

**MYTH:** You can get the flu from the flu shot.

✓ **FACT:** You might feel some minor side effects, but because vaccines contain inactivated or weakened flu viruses, they can't make a healthy person sick.

**MYTH:** The flu shot doesn't always work, so there's no point in getting one.

✓ **FACT:** While the flu shot doesn't guarantee that you won't get the flu, it greatly reduces the likelihood AND reduces the duration and the severity of the illness.

**MYTH:** The flu is no big deal—it's just like a bad cold.

✓ **FACT:** The flu is a serious respiratory illness, far worse than a cold, and can lead to serious complications—including hospitalization or death.

If you're over 65 and suffer from any of the following, the flu and pneumonia can cause serious complications.

### DIABETES

The flu can cause a dangerous increase in blood glucose levels, and individuals with diabetes are already at a higher risk of hospitalization or death from pneumococcal pneumonia.

### CARDIAC DISEASE

Individuals with heart disease are six times more likely to suffer a heart attack within a week of being diagnosed with the flu.

### COPD

If you're already struggling to breathe, the flu makes COPD symptoms worse.