Protect yourself from the flu

The flu spreads quickly, and everyone is at risk of catching it – even healthy people. Flu symptoms like coughing and sneezing can also spread viruses to those around you. During the 2018–2019 flu season:

- *35.5 million Americans got sick with the flu*
- *16.5 million Americans had to see a doctor for the flu*
- *46,000 children were hospitalized with the flu*

A flu shot is the best way to protect against the flu.

Who should get a flu shot?
Everyone 6 months and older should get a flu vaccine each year.

Who is at high risk for flu complications?
- Young children
- Adults 65 and older
- Pregnant women
- People with chronic conditions

How does a flu shot work?
- It helps your body create antibodies to fight the flu virus.
- It takes 2 weeks for the flu shot to start working.

What are flu complications?
The flu can lead to serious health problems. You could be hospitalized for:
- Pneumonia
- Respiratory failure
- Heart inflammation

For flu shot clinic locations, ask your doctor or nurse during your visit or go to kp.org/wa/flu-shot.