

# The Flu Shot: It's Not Just For You

Supplement for Corporate Communications Infographic

December 2017



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**National strength.  
Local focus.  
Individual care.™**

This supplement is intended to provide additional data and information on methods used to obtain the content in the flu vaccine infographic.

## The Flu Shot: It's Not Just For You

1/2 of New Yorkers skipped a flu shot last year  65,000 New Yorkers caught the flu

### Flu spreads quickly

You can pass it on to others before you even feel symptoms



### Anyone can catch the flu

At highest risk of flu complications are:



### Everyone 6 months and older should get the flu vaccine every year.



Call your doctor or visit [vaccinefinder.org](http://vaccinefinder.org) to find a flu shot near you

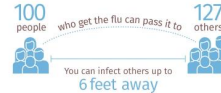


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The red box indicates which part of the infographic that slide is referring to. →

[Centers for Disease Control and Prevention](https://www.cdc.gov)

← Click on the underlined links for more information. They are hyperlinked to the source.

# Background

The seasonal influenza virus can cause mild to severe illness, hospitalization, and even death. While anyone can catch the flu, some people are at high risk for flu-related complications. Those people are the very young, the very old, women who are pregnant and people with certain health conditions. The best protection against the flu, for you and for others, is yearly vaccination.

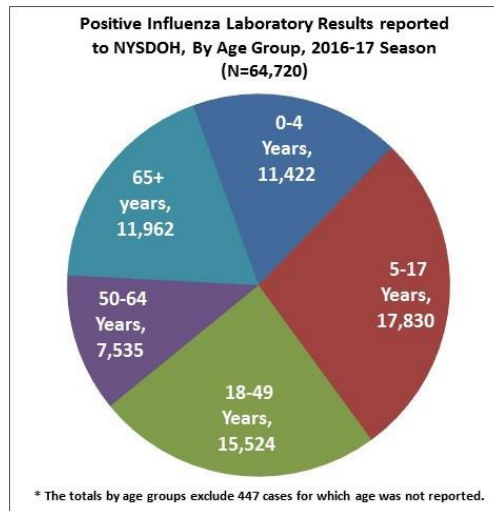
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Data on the 2016-2017 New York state flu season were obtained from the following sources:

- Centers for Disease Control and Prevention
  - [2016-17 Influenza Season Vaccination Coverage Report](#)
- New York State Department of Health
  - [Weekly Influenza Surveillance Report, May 20, 2017](#)



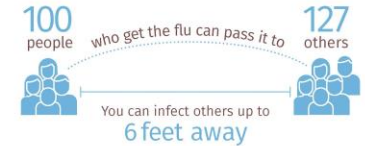
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## Flu spreads quickly

You can pass it on to others before you even feel symptoms

### Source:

- Centers for Disease Control and Prevention
  - [How Flu Spreads](#)
    - People sick with the flu may be able to infect others beginning one day before experiencing symptoms and up to one week after becoming sick.

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At highest risk of flu complications are:



The elderly



The very young



Pregnant women



People with health conditions

Everyone 6 months and older should get the flu vaccine every year.

The flu season runs from

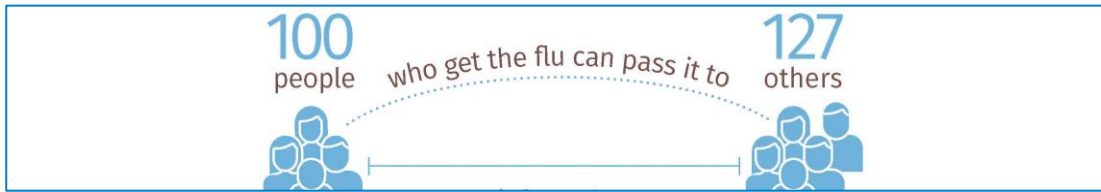


After a flu shot protection starts in about



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The reproductive number (i.e., the number of cases that one case generates) for seasonal influenza in the community setting was 1.27. Meaning that every one person who gets the flu can pass it on to 1.27 people.

### Source:

- Biggerstaff, M., Cauchemez, S., Reed, C., Gambhir, M., & Finelli, L. (2014). Estimates of the reproduction number for seasonal, pandemic, and zoonotic influenza: a systematic review of the literature. *BMC infectious diseases*, 14(1), 1. [DOI: 10.1186/1471-2334-14-480](https://doi.org/10.1186/1471-2334-14-480)

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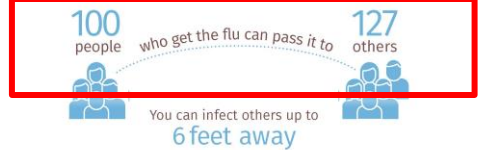
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The flu season runs from

OCT. → MAY

After a flu shot protection starts in about

14 DAYS

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## Source:

### Centers for Disease Control and Prevention

- [How Flu Spreads](#)

- The flu virus spreads by droplets made when people with the flu cough, sneeze or talk

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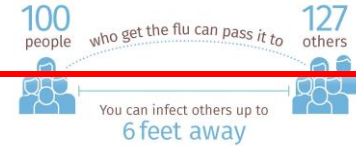
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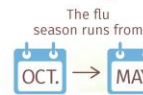


Pregnant women



People with health conditions

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People with health conditions

### Source:

Centers for Disease Control and Prevention

- [People at High Risk of Developing Flu-Related Complications](#)

People at high risk for flu-complications are:

- Adults 65 years of age and older
- Children younger than age 5
- Pregnant women
- People with medical conditions including asthma, heart disease, blood disorders, endocrine disorders

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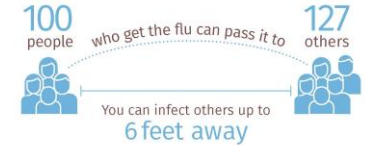
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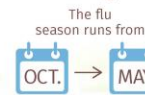


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**Source:**

Centers for Disease Control and Prevention

- [Influenza: Current and Past Flu Seasons](#)

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**Source:**

Centers for Disease Control and Prevention

- [Seasonal Influenza](#)
- [Key Facts About Seasonal Flu Vaccine](#)

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