

# Why Get a Flu Shot?

## Why should I get a flu shot?

- To protect yourself from serious illness that can lead to sepsis.
- Because you might spend time with someone who has the flu but doesn't know it yet.
- To protect family and friends, especially if they are at high risk. People over 65 are at risk of severe illness from influenza.

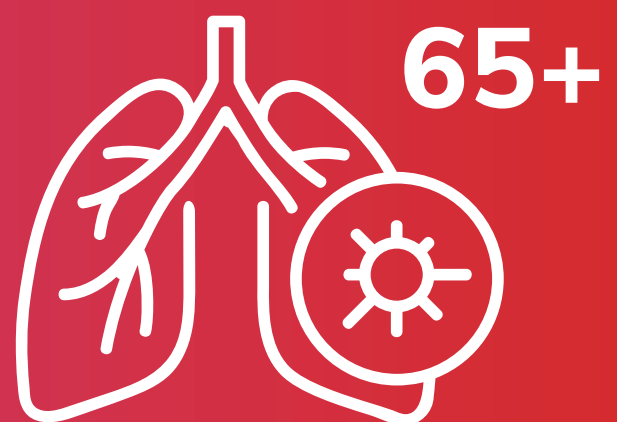


## Influenza (flu) strains change every year.

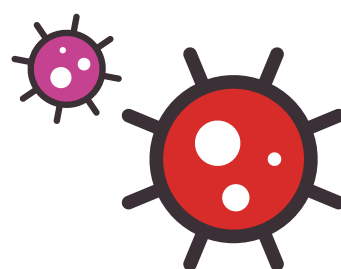
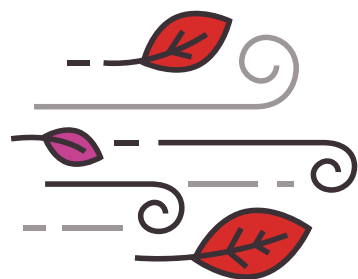
- Researchers match vaccines to the flu virus circulating each year.
- Annual flu shots try to protect you from each year's virus.
- Some years, the flu shots can reduce the flu risk by 60%.

## The flu is serious.

- The flu is a respiratory virus – it affects your lungs.
- The flu can cause pneumonia and both can lead to sepsis.
- People 65+ who get the flu have a 3-5 times higher risk of a heart attack and 2-3 times higher risk of a stroke within 2 weeks of being sick.\*



The best time to get a flu shot is the **fall**, before people spend more time indoors and the virus can spread more easily.



You can get a flu shot and the updated COVID-19 vaccine **at the same time.**

Learn more about sepsis and influenza at [SepsisandFlu.org](https://SepsisandFlu.org)

