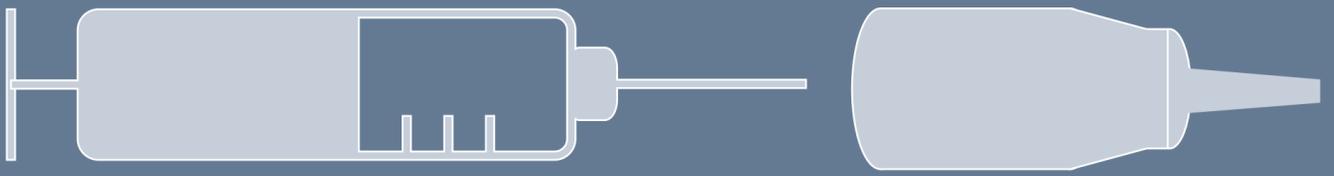


# GET THE **FACTS** ON FLU!

- The majority of people **DO** get immunized against flu each year.
- Flu vaccine **DOES** protect against the most common flu strains.
- Millions of people **SAFELY** receive flu vaccines each year.
- The flu shot does **NOT** contain live flu virus, and cannot give you the flu.
- The flu is a virus and **CANNOT** be treated with antibiotics.

Visit [flushot.healthmap.org](http://flushot.healthmap.org).



**Prevention is the Best Protection.**



**WASH YOUR HANDS  
REGULARLY.**



**STAY HOME WHEN  
YOU ARE SICK.**



**DON'T SHARE PERSONAL  
ITEMS OR UTENSILS.**



**COUGH INTO YOUR  
ELBOW OR SLEEVE.**



**GET VACCINATED!**

# The Flu Costs Us All.

**TOTAL ECONOMIC COST \$87 BILLION**

Loss of Earnings  
\$16.3 Billion

Direct Employer Costs  
\$10.4 Billion

**70 MILLION  
EMPLOYEE  
WORKDAYS  
LOST**

**31.4 MILLION  
OUTPATIENT  
VISITS**

**3.1 MILLION  
HOSPITALIZED  
DAYS**

[SOURCE] Molinari, N. et al. The Annual Impact of seasonal influenza in the US: measuring disease burden and costs. 28 June 2007. <http://www.ncbi.nlm.nih.gov/pubmed/17544181>.

## GET YOUR FLU VACCINE EVERY YEAR.

The flu is more than just a bad cold. It is a serious illness that is among the top 10 causes of death in the U.S. each year.

#6. Alzheimer's Disease  
84,691 deaths



#7. Diabetes  
73,282 deaths



#8. Flu and Pneumonia  
53,667 deaths



#9. Kidney Disease  
45,731 deaths



#10. Intentional Self Harm  
35,285 deaths



[Source] CDC National Vital Statistics Reports, Vol. 61, No. 6, October 10, 2012



New Hampshire Immunization Program  
New Hampshire Division of Public Health Services  
Department of Health and Human Services  
29 Hazen Drive Concord, NH 03301  
(603) 271-5041 | [www.dhhs.nh.gov/dphs/cdcs/influenza/index.htm](http://www.dhhs.nh.gov/dphs/cdcs/influenza/index.htm)  
[www.facebook.com/VaccinateNH](http://www.facebook.com/VaccinateNH)