



# INFLUENZA IS HERE

GET THE VACCINE,  
NOT THE FLU

## PREVENT AND PROTECT

The best way to protect yourself and others is by getting the flu vaccine.

- The vaccine is updated every year to protect you against new viruses.
- Everyone aged 6 months and older should get the flu vaccine every year. Children under age 6 months are too young for the vaccine; their caregivers should make sure to get vaccinated.
- Get your flu vaccine as soon as possible. But even if you get your vaccine later, it is better than not getting vaccinated.

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## DON'T SPREAD GERMS

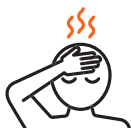


Cover your mouth and nose with the inside of your elbow when you cough or sneeze. Don't use your hands.



Wash your hands with soap.

## SYMPTOMS INCLUDE



Fever



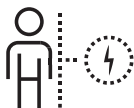
Cough



Sore throat



Headaches



Body aches



Weakness

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## LEARN MORE

- Influenza (flu) is a dangerous respiratory infection that spreads easily to others.
- Influenza can make even healthy people seriously ill. It can lead to health problems like pneumonia.
- Influenza can make existing health conditions, such as heart disease, asthma and diabetes, even worse.
- Every year, thousands of New Yorkers die after getting influenza. Influenza was severe last season. There were more than 700,000 influenza-related hospitalizations nationally, the highest ever recorded since the federal government started tracking this information in 2003.\*
- During the 2017-2018 flu season, 180 U.S. children died from influenza.\* In New York City alone, five children died from influenza.\*\*

\*Source: Summary of the 2017-2018 Influenza Season. US Centers for Disease Control and Prevention. <https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm>. Accessed Sept. 26, 2018.

\*\*Source: Weekly Influenza Surveillance Report. New York City Department of Health and Mental Hygiene. <https://www1.nyc.gov/assets/doh/downloads/pdf/hcp/weekly-surveillance05192018.pdf>. Accessed Sept. 26, 2018.

## GET A FREE OR LOW-COST FLU VACCINE

- Ask your health care provider about the flu vaccine. Most insurance plans, including Medicaid, pay for the vaccine.
- Visit your nearest pharmacy — many offer flu vaccines to adults and some may vaccinate children as young as two years old.
- Check if your workplace offers the vaccine.

Visit the Health Department's immunization clinic or a City-run clinic or hospital. These locations give free or low-cost flu vaccines to all patients and visitors.

Search for vaccination locations by neighborhood or ZIP code by calling **311**, visiting [nyc.gov/flu](https://nyc.gov/flu) or texting flu to **877877**.

### Did You Know?

All children between ages 6 months to 5 years who attend a New York City-licensed child care or nursery school, Head Start or pre-kindergarten must get one dose of the flu vaccine between July 1 and Dec. 31 every year.

## IF YOU DO GET SICK WITH INFLUENZA

- Don't risk spreading the flu to others. Stay home and avoid close contact with others until your fever has been gone for at least 24 hours without help from over-the-counter medicine.
- Ask your health care provider about antivirals, medicines that can treat influenza. They can help you recover faster and prevent more serious illness.

## PEOPLE AT HIGHEST RISK FOR INFLUENZA COMPLICATIONS INCLUDE

- Pregnant women
- Children younger than age 5 (especially those under age 2)
- Adults age 50 and older (especially those age 65 and older)
- People with certain health conditions, including:
  - Diabetes
  - Lung or heart disease
  - Asthma
  - Sickle cell anemia
  - Kidney or liver disease
  - Metabolic disorders
  - Weakened immune system, such as from cancer treatment or HIV
  - Disorders that may cause breathing problems, such as seizures, and nerve and muscle disorders
- People who are very overweight
- Children and teens (between ages 6 months to 18 years) who receive long-term aspirin therapy
- People living in nursing homes or other care facilities
- American Indians and Alaskan Natives

**It is very important to get the vaccine if you are a health care worker or care for someone in one of the risk groups above.**



Find places to get vaccinated:  
Visit [nyc.gov/flu](https://nyc.gov/flu).



Learn more: Visit [cdc.gov/flu](https://cdc.gov/flu).



Keep track of your child's vaccines  
using My Vaccine Record:  
Visit [nyc.gov/myvaccinerecord](https://nyc.gov/myvaccinerecord)  
for more information.

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