

YOUR FLU VACCINE MEANS

- Protection for yourself
- Protection for others around you

Including:

- ◆ Babies younger than 6 months, who are too young to be vaccinated.
- ◆ Elders (65 years and older) who are high risk for flu-related complications.

PLEASE GET A FLU VACCINE.

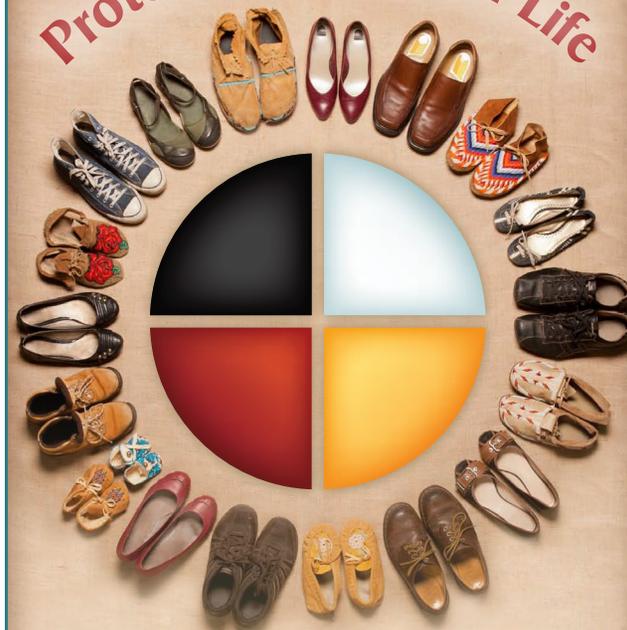
Learn more at
www.cdc.gov/flu or
call 1-800-CDC-INFO

**PROTECT YOURSELF.
PROTECT YOUR PEOPLE.**

Local Information



Protect the Circle of Life



**Your Flu Vaccine Protects Me
My Flu Vaccine Protects You**

Help Keep Indian Country Healthy

GET VACCINATED. Protect the circle of life.

American Indians and Alaska Natives face a higher risk from the Flu.

American Indians and Alaska Natives are up to four times more likely than the general U.S. population to die from pneumonia and other influenza-related conditions.

Possible reasons for this reported by community doctors are household crowding, a lack of sanitary services, and limited access to timely medical care for people living in remote areas.

Your family may be especially vulnerable to the Flu.

Influenza poses a greater risk to certain groups of people, including young children, pregnant women, and elders. For example, influenza is the 4th leading cause of death among American Indian/Alaska Native elders who are 65 years and older.

Flu can also cause certain health conditions to become worse, including diabetes, asthma, and heart and lung disease. Pneumonia and bronchitis are examples of serious flu-related complications, which can result in hospitalization and sometimes even death.

SIGNS OF THE FLU

People sick with influenza feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**Not everyone with the flu will have a fever. You can be sick and contagious without running a temperature.*

HELP PREVENT THE SPREAD OF THE FLU

- Get a flu vaccine each year.
- Stop the spread of germs, including influenza viruses:
 - ♦ Cover your coughs and sneezes
 - ♦ Wash your hands often
 - ♦ If you're sick, stay home
- Take antiviral drugs if they are prescribed for you.

Where to Get a Flu Vaccine

- Your local healthcare facility (even if you don't have a regular doctor or nurse)
- Mobile and community-based immunization clinics that visit many locations
- Pharmacies and grocery stores where available

Ask your Community Health Representative (CHR) or Community Health Aide (CHA) for more information.

