#Igotmyshotfor:

#SafePedsHealthyKids #FluShotSelfie #FightFlu
Did you know?

We’ve compiled some great #FluFacts to raise awareness about the impact of the flu and the importance of the flu vaccine. Please share these on your social media channels with the hashtags: #FightFlu #SafePedsHealthyKids

Can the flu shot give you the flu? Injected flu vaccines only contain the dead virus, and a dead virus is...dead. **It cannot infect you.**

It’s even more **important to get your flu shot** during the COVID pandemic. If more people get their flu shot, it could **eliminate additional strain** on our health care resources.

When is someone contagious with the flu? **24 hours before symptoms** develop and until they’re **fever-free for 24 hours** without the use of medication.

You may survive the flu, but what about the people you spread it to? Protect yourself and others by getting a **flu vaccine every season.**

In the U.S., the annual economic burden of flu is **$83.3 billion.** You could buy all 30 MLB and NBA teams!

On average in the U.S., more than **38 million days of school** and **5 million sporting events** are missed each year due to the flu.

Every year **healthy teens** are hospitalized and **die from the flu.** Don’t let your teen become a statistic. Get them a flu vaccine every season.

Don’t gamble with your child’s health. **Flu vaccination reduces death in children by 65%,** so get your child a flu vaccine each season.

15+ million adults in the U.S. have heart disease. They have a **10x increased risk** of heart attack within 3 days of flu infection.