

American Indians and Alaska Natives (AI/ANs) are at high risk for flu complications



A yearly flu vaccine protects yourself and others around you

Flu is a leading cause of pneumonia

Flu and pneumonia rank among the top 10 causes of death for AI/ANs.¹

AI/ANs are more likely to die from pneumonia and flu than other races.¹

Across the U.S., the flu causes **more than**

200,000

HOSPITALIZATIONS EACH YEAR.

AI/ANs are at **higher** risk than others for:

- Pneumonia and bronchitis
- Hospitalization
- Death



The flu poses a greater risk to:

Young children and elders

Pregnant women

People with diabetes, extreme obesity, heart disease, or asthma and other lung problems

Flu symptoms can include:

FATIGUE
(FEELING VERY TIRED)

BODY ACHES OR HEADACHES

Runny or stuffy nose

CHILLS

COUGH SORE THROAT

FEVER^{*}

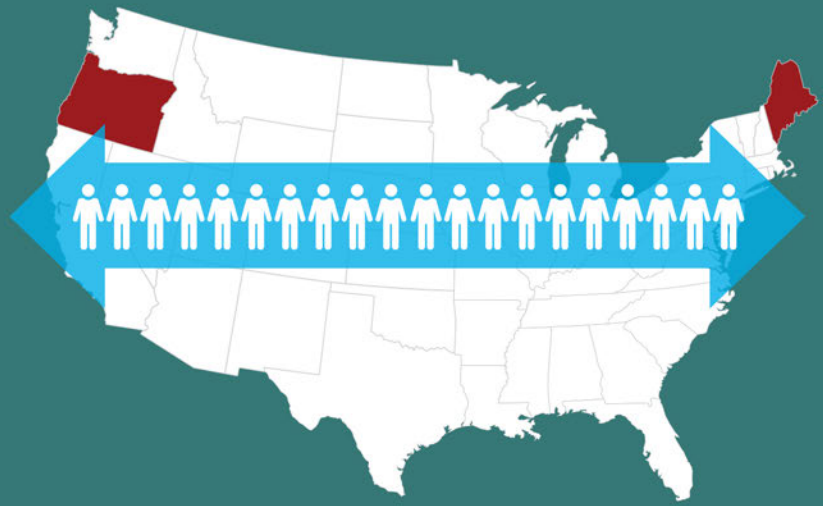
*You can still have the flu and be contagious without a fever

The Benefits of Flu Vaccination:

The estimated number of influenza-associated **illnesses prevented** by flu vaccination during the 2013-14 season:

7.2 MILLION²

enough people to form a line from
Maine to Oregon



Take 3 Actions to Fight the Flu:

1

Get a flu vaccine
each year

2

Take everyday preventive actions to
stop the spread of germs



Wash your
hands often.



Cover coughs
and sneezes

3

Take antiviral
medicine if
prescribed



Get the vaccine at:

Indian Health Service, tribal, or urban health clinics and doctor's offices

Pharmacies or grocery stores

Community health fairs

Ask your Community Health Representative or Community Health Aide for more information!

**Protect yourself.
Protect your community.**

**Get vaccinated.
Protect the circle of life.**



¹Groom, A, et al. Pneumonia and influenza Mortality among American Indian and Alaska Native People, 1990-2009. Am J Public Health. 2014 June; 104. Supplement 3: S460-S469. Published online April 2014. Accessed 1/27/15: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4035860/>.

²CDC Morbidity and Mortality Weekly Report: Estimated Influenza Illnesses and Hospitalizations Averted by Vaccination. 12/12/14. Accessed 1/15/15: http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6349a2.htm?s_cid=mm6349a2_w