



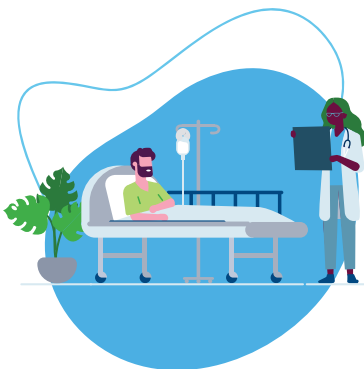
# Flu Vaccines: An Easy Way to Protect Your Health

**Vaccines save lives.** That's why for many years, health insurance providers have actively encouraged Americans to get their vaccines to protect them from dangerous illnesses, including the flu. Those with health insurance coverage can get most vaccines for little or no cost-sharing.

This year, as more people work from home and go to the pharmacy or doctor's office less frequently, health insurance providers are stepping up their outreach to encourage everyone to get their flu vaccine – particularly older Americans, communities of color, and others who would be most vulnerable to the flu's worst outcomes. This commitment was highlighted in a statement from the AHIP Board of Directors.<sup>1</sup>



Seniors represented **75% of the flu deaths** and **60% of the hospitalizations** in 2018-2019 – protect yourself!<sup>2</sup>



Flu vaccines have **reduced the risk of flu-related hospitalizations** among older adults by 40%.<sup>3</sup>



**Only 45% of adults** get the flu vaccine.<sup>4</sup>

**The seasonal flu infects roughly 25 million people per year, resulting in 13 million medical visits and half a million hospitalizations. Each year, 30,000-50,000 people die of the flu.**<sup>8</sup>



The flu vaccine can **reduce a child's risk of a flu-related ICU admission by 74%**.<sup>5</sup>



Among adults, the flu vaccine can **reduce the risk of a flu-related ICU admission by 82%**.<sup>6</sup>



**The flu vaccine can prevent millions of illnesses** – 6.2 million in 2017-2018 flu season, for example.<sup>7</sup>

## Vaccines save lives. Get your flu vaccine.

1 <https://www.ahip.org/statement-by-the-ahip-board-of-directors-on-safely-re-opening-americas-health-care-system/>  
2 <https://www.cdc.gov/flu/about/burden/2018-2019.html>  
3 <https://www.ncbi.nlm.nih.gov/pubmed/28935236>  
4 <https://www.cdc.gov/flu/fluview/coverage-1819estimates.htm>  
5 <https://academic.oup.com/jid/article/210/5/674/2908613>  
6 <https://www.cdc.gov/flu/spotlights/2017-2018/vaccine-reduces-risk-severe-illness.htm>  
7 <https://www.cdc.gov/flu/vaccines-work/burden-averted.htm>  
8 <https://www.cdc.gov/flu/about/burden/past-seasons.html>