

Don't Wait, Vaccinate!

Shining a Light on Influenza

Influenza can kill masses of people. The 1918 flu pandemic killed more people than the bubonic plague. Getting a yearly influenza vaccine is vital to ensuring good health. It greatly lessens the effect of influenza and helps stop its spreading.



- In America, 8 in 10 Influenza related deaths are unvaccinated deaths

A Little Pain, for A Lot of Gain

Influenza can be deadly but it can also be preventable. Getting an influenza vaccine greatly decreases the chance of getting influenza and it minimizes the effects if you get influenza. Despite the common misconception that vaccines can cause autism, vaccinations are safe and do not cause autism. Autism is a neurological disability and evidence shows that vaccinations do not affect your brain.

Influenza is a viral infection that attacks your respiratory system. Influenza can sometimes be deadly and people at higher risk are:

- Children under 5
- Adults older than 65
- Pregnant women
- People who have chronic illnesses
- People with a high body mass index (BMI)



Symptoms of influenza

- Fever over 100.4 F (38 C)
- Aching muscles
- Chills and sweats
- Headache
- Dry, persistent cough
- Weakness/Fatigue
- Nasal congestion
- Sore throat

