



Don't wait,  
**VACCINATE!**



## Protect yourself and others – *get a flu vaccine every year.*

According to the Centers for Disease Control and Prevention, there are several benefits from the flu vaccination.

- Flu vaccination can keep you from getting sick with flu.
- Flu vaccination can reduce the risk of flu-associated hospitalization for children, working-age adults, and older adults.
- Flu vaccination helps prevent serious medical events associated with some chronic conditions.
- Vaccination helps protect women during and after pregnancy.
- Flu vaccine can be lifesaving in children.
- Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.
- Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

For more information,  
visit [mercyhealthsystem.org](https://www.mercyhealthsystem.org).

