American Indians and Alaska Natives (AI/ANs) are at higher risk of developing serious complications from flu

A yearly flu vaccine can help protect you and others around you from flu

Flu is a leading cause of pneumonia

Flu and pneumonia rank among the top 10 causes of death for American Indians and Alaska Natives.

American Indians and Alaska Natives are more likely to die from pneumonia and flu than are US residents of other races.1

hundreds of thousands of hospitalizations each season. American Indians and Alaska

Across the U.S., flu causes

Natives are at **higher** risk than others for: • Pneumonia and bronchitis

- Hospitalization
- Death

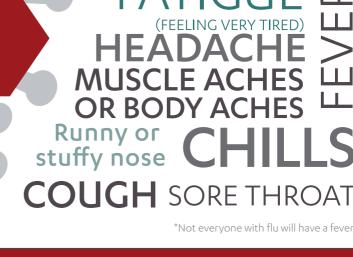
Indians and Alaska Natives who: are young children or elders are pregnant women

Flu poses an even greater risk to American

have diabetes, severe obesity, heart

disease, or asthma and other lung problems

## Flu symptoms can include:



Benefits of Flu Vaccination

getting sick, being hospitalized, or dying from flu. Flu vaccination can reduce the risk of

having a heart attack in people who

Flu vaccination reduces your risk of

In people who have diabetes, flu vaccination can reduce the risk of being hospitalized with flu or from

have heart disease.

their diabetes.

Flu vaccination has been shown in some studies to reduce severity of illness in people who get vaccinated but still get sick.

chronic health conditions.

Take 3 Steps to Fight the Flu:

babies and young children, elders, and people with certain

Getting vaccinated yourself may also protect people around you,

including those who are more vulnerable to serious flu illness, like



Get yourself and your family a flu vaccine each year before flu activity begins in your community. Getting vaccinated this season is may be more important than ever if there is both flu and COVID-19 activity at the same time.



Wash your Cover your coughs Stay home if you

and sneezes

Take everyday preventive actions to stop the spread of germs



hands often

prescribed

Take flu antiviral medicine if

are sick

Pharmacies or grocery stores



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

Protect yourself.

Protect your community. Get vaccinated.



Protect the circle of life.



<sup>1</sup>Groom, A, et al. Pneumonia and influenza Mortality among American Indian and Alaska Native People,