

This printout contains information about influenza and questions to ask your healthcare provider. Make the most out of your next appointment by asking about influenza vaccination.

The Centers for Disease Control and Prevention (CDC) recommends a yearly influenza vaccine as the first and most important step in protecting against flu viruses.

Remember these facts about influenza:

- The flu is a respiratory “disease” and can be much more serious than the “common cold”
- The flu and its complications can cost you time away from work, put you in the hospital, and in some cases, even lead to death
- According to the CDC, vaccination against the flu is recommended each year for everyone 6 months of age and older

Questions you may want to ask your healthcare provider:

When should I get vaccinated?

Is there anyone who shouldn't get vaccinated?

Will this year's flu shot be the same as last year's?

Are there any side effects that I should be aware of?

Do I need to get up-to-date on any other vaccinations?

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