

WHO is counting
on **you** to get your
FLU SHOT?

Mum Siblings Friends
Grandfather Myself Children
Dad Grandmother

DON'T WAIT

Don't skip your flu shot.

Help protect yourself and help prevent spreading the flu to your loved ones. Speak with your healthcare provider today to determine if the flu shot is suitable for you.



Get your flu shot today

Brush up on the WHAT, WHY, and WHEN of flu before talking to your healthcare provider about flu vaccination:



WHAT is the big deal about getting sick with the flu?

FACT: Influenza can be a serious illness that can lead to serious disease complications, hospitalisations, and death, especially in people who are at high risk.^{1,2}

FACT: Seasonal influenza occurs globally and is estimated to infect (symptomatically or asymptotically) **1 in 5 unvaccinated children** and **1 in 10 unvaccinated adults**.³ In addition, **3–5 million people can become severely ill** because of flu and **290,000–650,000 people may die** globally because of influenza-associated respiratory diseases every year.³



WHY should I help protect myself from the flu with an annual flu shot?

FACT: The US Centre for Disease Control and Prevention recommends **people aged 6 months and older** should get the flu shot every year, if appropriate, for several reasons:^{4,5}

- Protection provided by flu vaccination declines over time. Getting your flu shot once a year can **help your immune system provide optimal protection**.⁵
- **Flu viruses are constantly changing**, and the composition of flu vaccines is reviewed annually to ensure it matches the changing flu viruses.⁵ Getting your flu shot annually, alongside preventive measures such as regular hand washing and covering your mouth and nose when coughing or sneezing, **may help protect you against the flu**.^{1,5}
- Getting your flu shot can help **prevent you from becoming sick** with the flu.⁵ Vaccinating young children and older adults **can be lifesaving**.^{5,6}



WHEN is it best to get the flu shot?

FACT: The best time to get your flu shot is **before the flu season starts**, which varies from country to country.³ Ask your doctor or pharmacist who'll be able to help.

**Talk to your healthcare provider today to see if the flu shot is right for you.
Vaccines may not be 100% effective and may lead to side effects.
Please consult your healthcare provider.**

References:

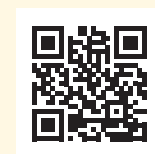
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This leaflet has been developed by GSK as an educational resource for carers. This information is not intended to replace professional medical advice. Please consult your registered medical practitioner on any question or concern you may have regarding you and your loved ones' condition.

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For more information and resources on seasonal flu, visit the Carerhood website.

