

# 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.<sup>1</sup>

Across the U.S., flu causes hundreds of thousands of hospitalizations each season.

American Indians and Alaska Natives are at **higher** risk than others for:

- Pneumonia and bronchitis
- Hospitalization
- Death

Flu poses an even greater risk to American Indians and Alaska Natives who:

are young children or elders

are pregnant women

have diabetes, severe obesity, heart disease, or asthma and other lung problems

Flu symptoms can include:

**FATIGUE** (FEELING VERY TIRED) **FEVER**  
**HEADACHE**  
**MUSCLE ACHES OR BODY ACHES**  
**CHILLS**  
**COUGH** **SORE THROAT**  
Runny or stuffy nose

\*Not everyone with flu will have a fever

## Benefits of Flu Vaccination

- Flu vaccination reduces your risk of getting sick, being hospitalized, or dying from flu.
- Flu vaccination can reduce the risk of having a heart attack in people who have heart disease.
- In people who have diabetes, flu vaccination can reduce the risk of being hospitalized with flu or from their diabetes.
- Flu vaccination has been shown in some 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, elders, and people with certain chronic health conditions.

## Take 3 Steps to Fight the Flu:

**1** 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.

**2** Take everyday preventive actions to stop the spread of germs



Wash your hands often



Cover your coughs and sneezes



Stay home if you are sick

**3** Take flu antiviral medicine if prescribed



Get a Flu Vaccine at:

Indian Health Service, tribal, or urban health clinics and doctor's offices

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, 1990-2009. Am J Public Health. 2014 June; 104. Supplement 3: S460-S469. Published online April 2014. Accessed 1/27/15: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4035860/>.