Before Things Get Complicated, Get MyShot

It’s not just the flu, it’s a big deal. It can worsen symptoms of chronic health conditions, such as lung or heart disease, diabetes and cancer. Given the severity of recent flu seasons, now is the time to do everything you can to help protect yourself. Now is the time to get MyShot.

JoJo doesn’t let her chronic asthma slow her down. She had not gotten the flu before, so she never thought she needed a flu shot. Then, the flu knocked her out of action twice in one year, and she learned that asthma and the flu can be a dangerous combination. Now JoJo will do everything she can to help protect herself from the flu — and that includes getting her annual flu shot.

Talk to your health care provider about the flu shot that may be right for you. Understand your risk and find a flu vaccine provider near you by visiting GetMyShot.org.

KNOW THE RISKS

- 70% of adults 50 years of age and older have at least one chronic health condition
- A study estimates more than 80% of adults who were hospitalized with laboratory-confirmed flu had one or more chronic health conditions
- In recent seasons 85% of all estimated flu-related hospitalizations occurred in adults 50 years of age and older
- Death rates related to the flu are higher in adults 50 years of age and older

A public education campaign designed to reach people 50 and older on the potential dangers of flu. Brought to you by the American Lung Association in collaboration with Sanofi Pasteur.

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