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 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 diseases, or asthma and other lung problems.

**Flu symptoms can include:**
- Fever or feeling feverish
- Chills or shaking
- Fatigue (feeling very tired)
- Body aches or headaches
- Runny or stuffy nose
- Sore throat
- Cough
- Headache

**Benefits of Flu Vaccination**
- Flu vaccination reduces your risk of getting flu, being hospitalized, or dying from flu.
- Flu vaccination can reduce the risk of 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 illnesses, 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 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.
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
- Community health fairs

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

Across the U.S., flu causes hundreds of thousands of hospitalizations each season. AI/ANs are at higher risk than others for:
- Pneumonia and bronchitis
- Influenza
- Death

Wash your hands often.

Flu is a leading cause of pneumonia.

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 diseases, or asthma and other lung problems

Take flu antiviral medicine if prescribed.

**Ask your community’s Health Representative or Community Health Aide for more information!**

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

**Protect yourself. Protect your community.**

Get vaccinated. Protect the circle of life.

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

Flu is a leading cause of pneumonia.