

Who Should be Immunized?¹

Health officials recommend annual vaccinations for more than 200 million Americans in high-risk groups and those most likely to spread the virus to them, including:

- Adults and children with chronic medical condition, such as asthma, COPD, heart disease, weakened immune system, diabetes, and others
- Children 6 – 59 months of age
- Children 6 months – 18 years of age who are on long-term aspirin treatment
- Women who are pregnant during the influenza season
- Household contacts and caregivers of anyone in a high-risk group, including children younger than 6 months of age who are too young to be vaccinated. This includes parents, grandparents, siblings, babysitters, and daycare providers.
- Adults 50 years of age and older
- Residents of long-term care facilities and nursing homes
- Health-care personnel who come in contact with patients
- Anyone, including school-aged children, who wants to prevent influenza.

Note: Children under 9 years of age receiving an influenza vaccination for the first time need two doses approximately 1 month apart.¹

Vaccination—The Best Protection¹

The best way to prevent influenza and its complications is through annual vaccination. Influenza vaccines are safe and effective. Although mild side effects from vaccination are possible, a person cannot get influenza from the vaccine.

When Should I Receive an Influenza Immunization?

Annual immunization is the best way to protect against influenza.¹ We at the American Lung Association urge you and your loved ones to get vaccinated as soon as you can, whenever that is during the influenza season. Vaccination typically begins in October and can continue through March. In most seasons, influenza virus activity doesn't peak until February or March.¹ Influenza vaccination is a safe and effective way to help prevent influenza.¹

Who Should Not be Immunized?¹

Some people should not be vaccinated or should first talk with their health-care provider. These include:

- People with severe allergies to eggs
- People who have had a severe allergic reaction to a past influenza vaccination
- Children younger than 6 months of age

More Information: www.facesofinfluenza.org

To learn more about the program, influenza and vaccination, visit www.facesofinfluenza.org where you will also see stories of the other faces featured on the cover.

References

1. Centers for Disease Control and Prevention (CDC). Prevention and Control of Influenza: recommendations for the Advisory Committee on Immunization Practices (ACIP), 2007. *MMWR*. 2007;56(RR-6):1-60.
2. CDC. Key facts about influenza and the influenza vaccine, September 2005. Available at: <http://www.cdc.gov/flu/keyfacts.htm>. Accessed August 6, 2007.
3. National Center for Health Statistics. Deaths-Leading Causes, 2003. Available at: <http://www.cdc.gov/nchs/fastats/lcod.htm>. Accessed August 6, 2007.



Putting a Face on Influenza

Portraits of People Recommended for Annual Immunization



1-800-LUNGUSA

FACES OF



INFLUENZA

American Lung Association's
Influenza Prevention Program

In collaboration with sanofi pasteur

There are Many Faces of Influenza

We all know someone who needs to be vaccinated against the influenza virus this year. In fact, it is likely that you or a family member fall into one of the groups that health officials recommend receive an influenza vaccination. Influenza results in an average of 36,000 deaths and approximately 226,000 hospitalizations in the US each year.¹

Despite these numbers, many of us think that influenza won't affect our families. The American Lung Association's *Faces of Influenza* educational initiative shows why protecting your family against this serious virus is so important. The *Faces of Influenza*—groups that should be immunized against influenza every year—features faces of celebrities, public health officials, and everyday people. Each shares their experience with influenza and why annual influenza vaccination is a priority for their families.

Meet Some Faces of Influenza

Every year, influenza results in serious consequences for thousands of people. Meet some *Faces of Influenza*, people who make vaccination a yearly priority.



Jennifer Garner, Actress and Mother

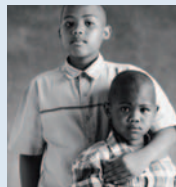
"Women play an important role in a family. It's our job to take care of those we love, that's why I make sure my family is protected against influenza."

Face the Facts of Influenza

Anyone can get influenza. In fact, up to one in five people in the US may get the virus each influenza season.² The results for some will be lost work and school days, but for those at high risk for developing complications from influenza, the results can be more serious.

Annual immunization is the best way to protect against the influenza virus. It is critical for individuals who are most susceptible to serious health complications from influenza to receive the influenza vaccination.¹ Vaccination typically begins in October and can continue through March. In most seasons, influenza virus activity peaks in February or March.

Influenza is not the common cold. It is serious. The disease and its related complications result in an average of 36,000 deaths and approximately 226,000 hospitalizations in the US each year. Combined with pneumonia, influenza is the nation's 7th leading cause of death.³



Brandon Williams and Dimitri Aston, Asthmatic Children

"As a parent, it's really scary. Asthma can kill a child. When Dimitri and Brandon got influenza, their asthma got much worse."

— Lakisha Aston, mother

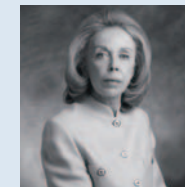


Kristi Yamaguchi, Olympic Gold Medalist and Mother

"As an athlete, my doctor stresses the importance of annual influenza vaccination to maintain my health. But now as a mother, I realize my whole family needs to be immunized, and that's a responsibility that I take seriously."

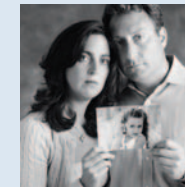
Who is Most at Risk?¹

- **People with chronic health problems** are vulnerable to serious complications from influenza. These include people with:
 - Asthma and chronic obstructive pulmonary disease (COPD)
 - Heart disease
 - Lung disease
 - Kidney disease
 - Diabetes
 - Anemia and other blood disorders
 - Weakened immune systems
- **Children** experience the highest rates of influenza. About one in three will contract the virus each year. Infants and children can develop severe cases and complications, such as pneumonia, seizures and ear or sinus infections.
- **Those age 65 and over** are the hardest hit by influenza and its complications. Close to 90 percent of deaths due to these diseases occur among this age group.



Dr. Joyce Brothers, Psychologist, Columnist, Author

"For years I've been giving people advice on how to live happier, healthier lives, and I've always said there are many things in life that are beyond our control. But there are some things we can help control—like getting immunized each year to help prevent influenza."



Richard and Alissa Kanowitz

"People need to understand that there are huge benefits to receiving the influenza vaccine. Amanda was the perfect little child, and she was taken away from us because of a virus that could have been prevented by vaccination."