## Did You Know?

Here's why flu should matter to you.



It's safe to get your flu vaccination and COVID-19 booster in the same visit

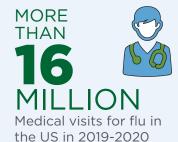


380,000 People hospitalized

by the flu in the US in 2019-2020



Age at which flu shots should begin

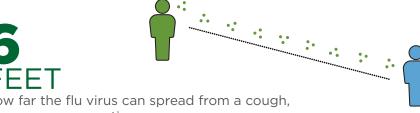


WEEKS

Time it takes your body to develop protection (antibodies) from the flu after vaccination



How far the flu virus can spread from a cough, sneeze or conversation



Number of hours a flu virus germ can survive on hard surfaces

200

The speed at which the flu virus can travel through the air from a sneeze





Minimum seconds vou should wash and scrub your hands with soap and warm water to help fight flu

Number of days you can infect other people after becoming sick



Number of hours you're infectious before flu symptoms appear



Number of days you're most contagious once symptoms appear



Percentage of people who get symptomatic flu each year in the US

University of Vermont HEALTH NETWORK

For a healthier tomorrow, get vaccinated today.