

The Flu: By the Numbers



49,000

New Yorkers suffered from the flu last year, resulting in 9,000 flu-related hospitalizations.



1 in 9

children who got the flu last year was hospitalized.



1 in 2

adults over age 65 who got the flu last year was hospitalized.



100

people who get the flu can pass it on to 127 more people.



If you catch the flu, you can infect other people beginning 1 day before you have symptoms, and up to a week after becoming sick.



The flu can spread to others up to 6 feet away.



The best way to protect yourself and your family from the flu this season is by getting a flu vaccine.

<50% of upstate New Yorkers ages 18 and older receive an annual flu vaccine.

Everyone ages 6 months and older should get a flu vaccine each year.



Get vaccinated now to protect yourself and others. The flu vaccine will protect you throughout the entire flu season.



You can get a flu vaccine at doctor's offices, pharmacies, clinics, college health centers and places of employment, often without an appointment.



Make a plan to get your flu vaccine. Pick a date and time. Write it on your calendar or put a reminder on your phone.

It takes all of us to help keep our community healthy this flu season.

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