FOR PATIENTS

Vaccine-Preventable Diseases in Adults
Influenza (Flu)



What is influenza?

- Influenza, commonly known as the flu, is a respiratory illness caused by viruses that can affect the nose, throat, and sometimes the lungs.[1]
- It can **easily spread** when a person with the flu coughs, sneezes, or talks.[1]
- Most people recover in fewer than 2 weeks, but **some can develop complications** that may lead to hospitalization or even death.[2]

Who is at high risk of serious illness due to the flu?[2]

Adults **65 years and older**

Pregnant women

Adults with **certain chronic health conditions**:

- Heart disease
- Diabetes
- Asthma

Did you know?

- Though flu viruses are detected year round, they typically circulate during the fall and winter, known as the flu season.[3]
- Several flu vaccines are available, but some are preferentially recommended by the Centers for Disease Control and Prevention (CDC) for people 65 years and older.[4]
- Flu vaccines can often be given with other vaccines during the same visit.[5]
- During the 2023-2024 season, it is estimated that flu vaccination prevented[6]:
  - **9.8 million** flu-related illnesses
  - **4.8 million** medical visits
  - **120,000** flu-related hospitalizations
  - **7,900** flu-related deaths

Talk to your healthcare provider each year about getting the seasonal flu vaccine to help protect yourself and your community

References: 1. About influenza. Centers for Disease Control and Prevention. Reviewed August 13, 2024. Accessed August 5, 2025. https://www.cdc.gov/flu/about/index.html **2.** Signs and symptoms of flu. Centers for Disease Control and Prevention. Reviewed August 26, 2024. Accessed August 5, 2025. https://www.cdc.gov/flu/signs-symptoms/index.html **3.** Flu season. Centers for Disease Control and Prevention. Reviewed October 28, 2024. Accessed August 5, 2025. https://www.cdc.gov/flu/about/season.html **4.** Who needs a flu vaccine. Centers for Disease Control and Prevention. Reviewed October 3, 2024. Accessed August 5, 2025. https://www.cdc.gov/flu/vaccines/vaccinations.html **5.** Getting a flu vaccine and other recommended vaccines at the same time. Centers for Disease Control and Prevention. Reviewed September 17, 2024. Accessed August 5, 2025. https://www.cdc.gov/flu/vaccines/coadministration.html **6.** Flu burden prevented by vaccination, 2023–2024 flu season. Centers for Disease Control and Prevention. Reviewed January 14, 2025. Accessed August 5, 2025. https://www.cdc.gov/flu-burden/php/data-vis-vac/2023-2024-prevented.html

Sponsored by GSK

Trademarks are property of their respective owners.

©2025 GSK or licensor.
NPUS-AVULBND250015 August 2025
Produced in USA. 0002-0040-30