

## FACT SHEET

Are **you**  
protecting  
me?

### How is the influenza virus spread?

- Droplet secretions from person to person by directly coughing or sneezing infected droplets through the nose, mouth, and eyes
- Indirectly by touching droplet contaminated surfaces such as: phones, keyboards, table tops, toys, and unclean hands
- The virus can survive on surfaces for two to twelve hours
- The virus can survive on unclean hands for up to five minutes

### How does the flu vaccine work?

- Influenza vaccine contains fragments of inactivated influenza virus
- Influenza vaccine strengthens your immune system against the current circulating strains of influenza virus
- It takes two weeks for the vaccine to protect you against the influenza illness

### How well does the vaccine protect against influenza?

- Can prevent influenza illness in 60 percent to 90 percent of healthy adults
- Studies have shown that influenza immunization decreases the incidence of pneumonia, hospital admission, and death in the elderly and those with underlying health conditions

