



WE ALL ARE “FACES” OF INFLUENZA

Everyone 6 months of age and older should be immunized against influenza this and every year.

Olympic Gold Medalist and mother of 2 young children, Kristi Yamaguchi wants to do everything she can to protect her children, but as a wife and daughter, she also knows that influenza immunization is a must for everyone in her family.



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In fact, annual influenza vaccination is recommended for everyone 6 months of age and older.¹

Influenza is a serious respiratory disease that is easily spread and can lead to severe complications, even death, for you or someone with whom you come in contact.^{1,2} Vaccination is safe and effective, and the best way to help prevent influenza and its complications.¹

To learn more about the American Lung Association’s *Faces of Influenza* program, visit www.facesofinfluenza.org.

References:

- Centers for Disease Control and Prevention (CDC). Prevention and control of influenza with vaccines: recommendations of the Advisory Committee on Immunization Practices (ACIP), 2010. *MMWR*. 2010;59(RR-8):1-62.
- CDC. Prevention and control of influenza: recommendations of the Advisory Committee on Immunization Practices (ACIP), 2008. *MMWR*. 2008;57(RR-7):1-64.

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