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# What are the Benefits of Getting Immunized

- Getting immunized for flu can:
  - reduce the risk of flu illness, hospitalization and death.
  - prevent flu in people who are at increased risk for serious flu illness such as older adults, young children, pregnant women, people with long-lasting health conditions, or a weakened immune system.
- Flu immunizations don't give you the flu, and side effects are rare.
- If you protect yourself from flu, you also help protect your family, friends and community.



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**HEALTH IS FOR EVERYONE // TO FIND A LOW COST OR FREE IMMUNIZATION, CONTACT YOUR DOCTOR OR PHARMACY, CALL 2-1-1, OR GO TO [PREVENTFLULA.COM](https://www.preventflula.com).**



# 接種疫苗的好處有哪些

- 接種流感疫苗可以：
  - 降低患流感、住院和死亡的風險。
  - 為那些患流感會導致更嚴重疾病的風險較高人群提供預防保護措施，如老年人，幼兒，孕婦，有長期健康問題的人士，或免疫系統薄弱的人士。
- 流感疫苗不會讓你患上流感，副作用也很少。
- 如果你能預防流感，你也能保護你的家人、朋友和社區。



健康對每個人都很重要 // 若你需要獲得便宜或免費的疫苗接種服務，請聯繫你的醫生或藥店，撥打2-1-1，或登錄[PREVENTFLULA.COM](https://www.preventflula.com)。

