

What are the benefits of the flu vaccination?



The flu continues to cause millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths each year.

Flu vaccination is the best way to protect yourself and your loved ones against flu and its potentially serious complications. Getting vaccinated may also protect the people around you, including those who are more vulnerable to severe flu illness, like babies and young children, older adults, and people with certain chronic health conditions. Below is a summary of the benefits of flu vaccination and selected scientific studies that support these benefits.



Flu vaccination prevents millions of illnesses and flu-related doctor's visits each year. During **2019-2020**, flu vaccination prevented an estimated 7.5 million influenza illnesses, 3.7 million influenza-associated medical visits, 105,000 influenza-associated hospitalizations, and 6,300 influenza-associated deaths.



Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick. A **2021 study** showed that among adults, flu vaccination was associated with a 26% lower risk of ICU admission and a 31% lower risk of death from flu compared to those who were unvaccinated.



Flu vaccination can reduce the risk of flu-associated hospitalization. A **2014 study** showed that flu vaccination reduced children's risk of flu-related pediatric intensive care unit (PICU) admission by 74% during flu seasons from 2010-2012. A 2017 study found that during 2009-2016, flu vaccines reduced the risk of flu-associated hospitalization among older adults by about 40% on average.



Flu vaccination is an important preventive tool for people with certain chronic health conditions. Flu vaccination has been associated with **lower rates of some cardiac events** among people with heart disease, especially among those who have had a cardiac event in the past year. Among people with **diabetes** and chronic lung disease, flu vaccination also has been shown in separate studies to be associated with reduced hospitalizations from a worsening of their chronic condition.



Flu vaccination helps protect pregnant people during and after pregnancy. Vaccination reduces the risk of flu-associated acute respiratory infection in pregnant people by about one-half. A number of **studies** have also shown that a flu vaccine given during pregnancy helps protect babies from flu for several months after birth, when they are too young to be vaccinated.

Additional Flu Resources:

[The Adult Vaccine Quiz | CDC](#)

[A Chronic Health Condition Can Increase Your Risk | CDC](#)

[Increasing Flu Shot Outreach & Uptake | CMS](#)

[Immunization Resources | CMS](#)

[Information for Health Professionals | CDC](#)

[All About the Flu and How to Prevent It | National Institute on Aging \(nih.gov\)](#)

[Flu & People 65 Years and Older | CDC](#)