



Influenza in Adults 65+

Flu can be dangerous for adults 65 years and older.



Anyone can get the flu, but older adults are more at risk for severe complications.



The majority of flu-related deaths and hospitalizations occur in people 65 years and older.



The flu can make chronic conditions like diabetes and heart disease worse.



Even after recovering from the flu, older adults may never regain their pre-flu health, abilities, and lifestyle.



THE FLU SHOT

Getting the annual flu shot is your best protection against the flu. Even if you still get the flu, chances are you won't get as sick if you've been vaccinated.



SAFETY

The flu shot can't give you the flu. Most people don't have any side effects after flu vaccination. Some people experience mild discomfort for a few hours afterward.



VACCINES AVAILABLE

There are different types of flu vaccines for adults 65+. Talk to your pharmacist or primary care provider about which one is right for you.

Get your flu shot this fall for the best protection.