

PROTECTING AGAINST INFLUENZA IN ADULTS

65+

INFLUENZA IS A PREVALENT, CONTAGIOUS, AND VACCINE-PREVENTABLE INFECTIOUS DISEASE IN CANADA

CONSEQUENCES OF INFLUENZA INFECTION CAN BE DEVASTATING FOR ADULTS 65+.

This age group generally has lower immune responses to infections AND typically doesn't respond to vaccines as well as younger adults.¹⁻³ This puts them at potentially higher risk of influenza-related complications, hospitalization, and death.⁴⁻⁶

SENIORS REPRESENT

 **15%** of Canada's population⁷

YET, IN 2014-2015, ADULTS 65+ ACCOUNTED FOR:

 **70%** of influenza-related hospitalizations⁸

 **91%** of influenza-related deaths⁸



74%

OF CANADIANS 65+ reported having at least 1 chronic condition*, many of which may put them at high risk for influenza and its complications.^{4,9}

***Arthritis, asthma, cancer, chronic pain, depression, diabetes, emphysema/COPD, heart disease, high blood pressure, mood disorders (other than depression), stroke.**

INFLUENZA IS RANKED:



among the most common infectious diseases in Canada^{4,10}



leading cause of mortality in Ontario between 2005-2007¹⁰

NACI* RECOMMENDS influenza immunization for high-risk individuals, such as **ADULTS 65+** and people with:⁴



Cancer



Cardiac Disorders



Pulmonary Disorders (e.g., asthma, COPD)



Diabetes

and for those who may transmit influenza to people at high risk.⁴



Healthcare Providers




Household Contacts




Service Providers

* National Advisory Committee on Immunization

BENEFITS OF SEASONAL INFLUENZA VACCINES⁴

 Considered the most effective method to prevent influenza

 Helps protect those who are vulnerable to serious illness



GET YOUR INFLUENZA VACCINE TODAY!



Influenza season usually peaks in January or February, but can occur as early as October and as late as May. Early immunization is preferred, but it is not too late to get the vaccine in January or beyond.⁴

VACCINATION IS THE MOST EFFECTIVE WAY TO PROTECT YOURSELF AGAINST INFLUENZA.⁴

The influenza vaccine is publicly funded and offered through provincial/territorial programs across Canada.¹¹ For more information on seasonal influenza vaccines, visit www.immunize.ca. Vaccination may not protect 100% of individuals. Side effects and allergic reactions may occur.

TALK TO YOUR HEALTHCARE PROVIDER ABOUT THE RISKS AND BENEFITS OF INFLUENZA VACCINATION.

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