

INFLUENZA

Prevention for Older Adults

Consequences of an influenza infection can be devastating for adults aged 65+, who represent:



70%

influenza-related hospitalizations



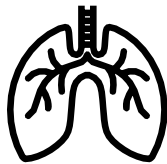
90%

influenza-related deaths

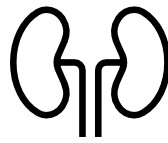
Flu vaccines should be given to high risk-individuals, such as seniors and those with chronic conditions:



Heart disease



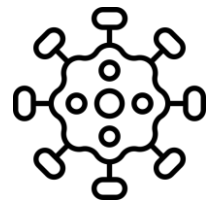
Lung disease



Kidney disease

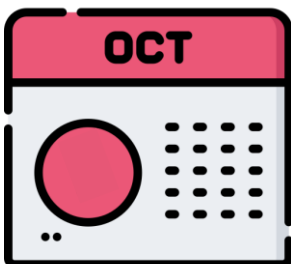


Diabetes



Cancer

A vaccination is the most effective way to protect yourself from the flu and prevents 40% of flu-related hospitalizations among seniors



Flu shots will become available in October. Talk to your doctor, nurse practitioner, or pharmacist, or sign up at www.myflushot.ca.

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The Voice of Older Adult Centres
La voix des centres pour aînés

INFLUENZA 101

? Can I get the flu from the vaccine?

No! Vaccines are made with viruses that are inactivated or weakened. They are not infectious and cannot cause the flu.

? Do I really need to get vaccinated?

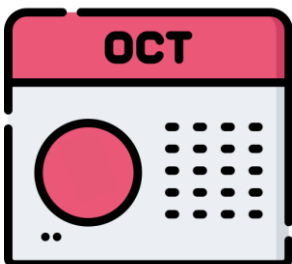
Even healthy people can get the flu, and older adults are at great risk due to lower immune function. 70% of flu-related hospitalizations and 90% of flu-related deaths are in adults age 65+, and risk of death is greater for those with chronic health conditions.

? How is the flu linked to heart attacks?

The risk of heart attacks was 6x higher within one week of a flu diagnosis, and flu vaccination lowered the risk of cardiovascular events by 36%.

? How does vaccine “match” impact my protection?

Even if it’s not a good “match,” the flu vaccine can still provide protection. You are better protected against the flu than those who are not vaccinated.



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