Flu in Adults Age 65 Years and Older
What Are the Risks?

Adults 65+ are at increased risk of flu-related complications

- **Pneumococcal Pneumonia** kills more than **18,000** older adults in the US each year.
- **Heart Attack** risk is increased by **3 to 5x** in the first 2 weeks of infection.
- **Stroke** risk is increased by **2 to 3x** in the first 2 weeks of infection.

High rates of related deaths and hospitalizations in adults 65+

- **78%** of all flu-related hospitalizations (more than 750,000 in US 2014-2015 flu season alone).
- **6x** more deaths from flu and related complications compared to all other age groups combined.

Annual vaccination is the best way to protect yourself against the flu

Vaccines are safe and effective and reduce the risk of flu and related complications

Immune systems decline as adults age. Certain vaccines are available to help boost immune response, specifically in adults 65+:

- **High-dose vaccines contain 4X more antigen** than standard-dose vaccines.
- **Adjuvanted flu vaccines contain an ingredient that helps create a stronger immune response**.

If a specific flu vaccine is not available in your area, **don't delay**! Vaccination with any available influenza vaccine is recommended and will still provide protection.

National Foundation for Infectious Diseases
www.nfid.org/flu