

Influenza Prevention in Adults 65+

Aging is associated with an increase in the risk and severity of influenza.

Influenza (flu) and influenza-related complications can be severe, life-changing, or life-threatening for adults 65+.



In Canada, about 73% of adults 65+ have one or more common chronic health conditions like diabetes, heart disease, or lung disease, which increase the risk of influenza infection and complications.

Hospitalization because of influenza may lead to loss in health and ability to be independent.

Annual immunization (getting the "flu shot") is an effective and safe way for adults 65+ to lower their influenza risk each influenza season.

Immunization prevents 40% of hospitalizations due to influenza in adults 65+.



The immune system weakens with age, but specifically-designed vaccines help create a stronger immune response.

Talk to your doctor, nurse, pharmacist, or local public health office about getting immunized against influenza.



References:

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National Advisory Committee on Immunization (NACI). Statement on Seasonal Influenza Vaccine for 2023-2024. <https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/national-advisory-committee-immunization-statement-seasonal-influenza-vaccine-2023-2024.html>