

# INFLUENZA

## PREVENTION IN SENIORS

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

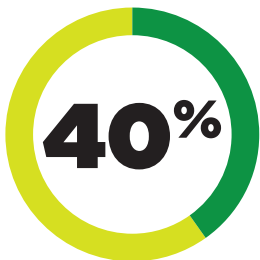
Influenza and influenza-related complications can be severe, life-changing or life-threatening for seniors.



About 50% of seniors 65 years of age and older have two or more chronic health conditions like diabetes, heart disease, or lung disease which increase the risk of influenza infection and complications.



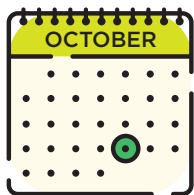
Hospitalization because of influenza may lead to loss in health and ability to be independent.



Immunization prevents 40% of hospitalizations due to influenza in seniors over 65.



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



Annual immunization is an effective and safe way for seniors to lower their influenza risk.



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

**References:**

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<https://www.cdc.gov/flu/news/flu-study-hospitalizations.htm>
- National Advisory Committee on Immunization (NACI). Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2020-2021.  
<https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/canadian-immunization-guide-statement-seasonal-influenza-vaccine-2020-2021.html>