## Flu in Adults Age 65 Years and Older

### What Are the Risks?

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

<table>
<thead>
<tr>
<th>Condition</th>
<th>Increase Factor</th>
<th>Notes</th>
</tr>
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<tbody>
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### High rates of related deaths and hospitalizations in adults 65+

- **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.
- **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](http://www.nfid.org/flu)