OLDER ADULTS HAVE FLU VACCINE OPTIONS, INCLUDING:

- The flu is a contagious illness that can be severe and life-threatening, especially in older adults. The 2014-2015 flu season recorded the highest flu-related hospitalization rates among people 65 and older in recent history. The American Association of Diabetes Educators (AADE) is working with the National Council on Aging (NCOA) to educate people with diabetes who are 65 years of age and older about the seriousness of the flu, the importance of prevention and available vaccine options. Here’s why the flu vaccine is important for this age group:

THE FLU CAN MAKE EXISTING HEALTH CONDITIONS WORSE and is especially dangerous for people with chronic health conditions, like diabetes, which commonly affect seniors.

AS PEOPLE AGE, THE IMMUNE SYSTEM WEAKENS, even if we are healthy and active. This can put older adults at risk for flu-related complications.

ACCORDING TO THE CDC, THE SINGLE BEST WAY TO PREVENT THE FLU IS TO GET AN ANNUAL FLU VACCINE. Flu vaccination is a Medicare benefit with no copay. Both options are widely available at a doctor’s office or local pharmacy.

THE REGULAR FLU SHOT

A higher-dose vaccine developed specifically to address the age-related weakening of the immune system.

VISIT WWW.NCOA.ORG/FLU FOR MORE INFORMATION.

TALK TO YOUR HEALTH CARE PROVIDER ABOUT FLU PREVENTION AND YOUR VACCINE OPTIONS.

Flu vaccination is a Medicare benefit with no copay. Both options are widely available at a doctor’s office or local pharmacy.