



Getting Your Annual Flu Shot is Important

As we head into the 2023 flu season, getting a flu shot is really important to protect ourselves and our loved ones from flu-related infections and complications. This is true even for the fittest and healthiest among us.

Adults 65+ Have the Highest Risk of Flu-Related Hospitalization.

The flu can be serious for everyone. But for adults 65 years and older, the risk of flu-related complications and hospitalization is particularly high. About 85% of seasonal flu-related deaths in the United States occur among people 65 years and older, and between about 50 and 70% of flu-related hospitalizations have occurred among people in this age group. This happens because the immune system gradually weakens with age, making it harder for older adults to fight off infections such as the flu or COVID-19. Even after recovering from the flu, older adults may never fully regain their pre-flu health and abilities; and those with chronic conditions are at an even higher risk of developing more serious and prolonged complications, significantly impacting their lifestyle.

Benefits to Flu Vaccination

The best way to protect against flu and its serious

complications is with a simple flu vaccine.

- Flu vaccination helps keep people from getting the flu. While there is no 100% guarantee of flu avoidance, vaccines have been shown to reduce the chance of getting the flu by 40-60%.
- Flu vaccination can reduce the severity of illness in people who get vaccinated should they get sick. Studies consistently find that flu vaccination is effective in reducing the risk of medical visits and hospitalizations associated with the flu.
- Flu vaccination is an important preventive tool for people with chronic health conditions. It has also been shown to reduce hospitalizations among people with diabetes and chronic lung disease and lower the risk of heart attack and stroke.
- Flu vaccines are specifically designed to help protect adults 65 years and older.

Don't delay. Flu season is here, so do this RIGHT AWAY. If you have any questions or need help finding where to get a flu shot, contact our Customer Experience Team; and they can find a convenient place close to home.

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