

Seniors and the Flu

Why is it important for seniors to get the flu shot?

Because your immune system weakens as you age, adults age 65 years and older are more susceptible to the flu. It is important all seniors get the flu vaccine.

Why does being older than 65 put me at higher risk for getting the flu?

As you age, your immune system weakens. This weakening makes seniors—adults 65 years and older— more susceptible to the flu. For seniors, the seasonal flu can be very serious, even deadly. Ninety percent of flu-related deaths and more than half of flu-related hospitalizations occur in people age 65 and older.

How can I protect myself from the flu?

Get the flu vaccine as soon as it is available in your area. Getting the flu vaccine protects you and prevents you from spreading the flu to your spouse, children, or grandchildren.