Learn What’s True About Flu.

1. The immune system gets stronger with age, making vaccines less important.
   
   **FALSE.** The immune system gradually deteriorates over time, making it harder for our bodies to fight disease.

2. The risk of serious complications from flu increases with age.
   
   **TRUE.** Adults who are age 65 years and older are at a higher risk for flu-related hospitalization, complications, and even death.

3. Age does not impact the ability to recover from flu.
   
   **FALSE.** Even if they recover from flu, older adults (65+) may never fully regain pre-flu health and abilities, significantly impacting their lifestyle.

4. Adults with chronic conditions are at an even higher risk of flu-related complications.
   
   **TRUE.** Several weeks after recovering from flu symptoms, older adults may still be at an increased risk of a heart attack, stroke, or other cardiovascular problems.

ASK YOUR HEALTHCARE PROFESSIONAL about the specific influenza vaccine most beneficial for you. #GetVaccinated to #FightFlu!