The Bad News
The Devastating Impact of Influenza (Flu)

Combined with pneumonia, flu is among the top 10 leading causes of death in older US adults.

- During the 2015-2016 flu season, adults age 65 years and older experienced:
  - 1.2 million estimated illnesses
  - 944,631 estimated medical visits
  - 193,349 estimated hospitalizations

1 in 3 adults in the US age 65 years and older do not get vaccinated and are unaware that those with chronic health conditions are at increased risk of flu complications.

An adult age 65 years and older:
- is hospitalized due to flu or flu-related complications every 4 minutes
- dies from flu or flu-related complications every 12 minutes

Even if they recover, older adults may never fully regain their pre-flu health and abilities, adversely impacting their lifestyle.

Talk to a healthcare professional about which flu vaccine is right for you
Learn more at www.nfid.org/flualert

The Good News
The Benefits of Flu Vaccination

Certain vaccines are developed specifically to help address the age-related weakening of the immune system.

- During the 2015-2016 flu season, the US Centers for Disease Control and Prevention (CDC) estimated that flu vaccination prevented:
  - 5.1 million estimated influenza illnesses
  - 2.5 million estimated influenza-associated medical visits
  - 71,000 estimated influenza-associated hospitalizations

Flu vaccination has been associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%).

According to CDC, the best way to help prevent the flu is to get an annual vaccination.

Annual flu vaccination is a free Medicare benefit. Even as a healthy adult, it is important to help protect yourself from this potentially debilitating disease.

3. NFID. Call to Action: Reinvigorating Influenza Prevention in US Adults Age 65 Years and Older, September 2017.