

FLUALERT

FOR ADULTS 65+, IT'S TIME TO GET SERIOUS ABOUT FLU PREVENTION

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 adults¹



During the 2015-2016 flu season, adults age 65 years and older experienced:²

- 1.7 million estimated illnesses
- 944,631 estimated medical visits
- 153,349 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^{3,4}



An adult **age 65 years and older**:

- is hospitalized due to flu or flu-related complications **every 4 minutes**²
- dies from flu or flu-related complications **every 12 minutes**¹



Even if they recover, **older adults may never fully regain their pre-flu health** and abilities, adversely impacting their lifestyle³



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**:²

- 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%)**⁶



According to CDC, **the best way to help prevent the flu is to get an annual vaccination**⁶

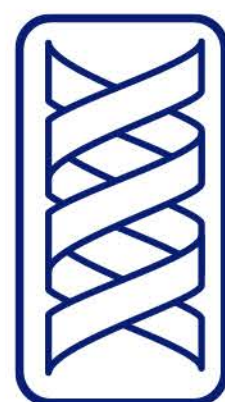


Annual flu vaccination is a **free Medicare benefit**. Even as a healthy adult, it is important to help protect yourself from this potentially debilitating disease.⁶



Talk to a healthcare professional about which flu vaccine is right for you

Learn more at www.nfid.org/flualert



National Foundation for Infectious Diseases



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1. CDC. National Vital Statistics Report. Deaths: Final Data for 2014. https://www.cdc.gov/nchs/data/nvsr/nvsr65/nvsr65_04.pdf. Accessed September 5, 2017.
2. CDC. Estimated Influenza Illnesses, Medical Visits, Hospitalizations, and Deaths Averted by Vaccination in the United States. <https://www.cdc.gov/flu/about/disease/2015-16.htm>. Accessed September 5, 2017.
3. NFID. Call to Action: Reinvigorating Influenza Prevention In US Adults Age 65 Years and Older, September 2017.
4. Kelton Global. National Council on Aging Survey in Collaboration with Sanofi Pasteur.
5. Centers for Disease Control and Prevention (CDC). What You Should Know and Do this Flu Season If You Are 65 Years and Older. <http://www.cdc.gov/flu/about/disease/65over.htm>. Accessed September 5, 2017.
6. CDC. Key Facts about Influenza (Flu). <http://www.cdc.gov/flu/keyfacts.htm>. Accessed September 5, 2017.