



65+?

# 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 combat disease.

2

The risk of serious complications from flu increases after the age of 65.

**TRUE.** Adults who are 65 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.

**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 PROVIDER

about the specific influenza vaccine right for you.  
Get vaccinated to fight flu!

