The flu is a contagious illness that can be severe and life-threatening, especially in older adults. The 2014-2015 flu season was the highest hospitalization rate among people 65 and older in recent history. The flu can make existing health conditions worse and is especially dangerous for people with chronic health conditions, like heart disease, which commonly affect seniors. 

### AS PEOPLE AGE, THE IMMUNE SYSTEM WEAKENS

Even if we are healthy and active, this can put older adults at risk for flu-related complications. 

### THE FLU CAN MAKE EXISTING HEALTH CONDITIONS WORSE

and is especially dangerous for people with chronic health conditions, like heart disease, which commonly affect seniors. 

#### WHAT DO ADULTS 65 AND OLDER WITH HEART DISEASE NEED TO KNOW ABOUT THE FLU?

- **Talk to your health care provider about flu prevention and your vaccine options.**
- **Visit www.NCOA.org/FLU for more information.**

**Flu vaccination is a Medicare benefit with no copay.**

**Flu vaccine options for older adults are widely available at a doctor’s office or local pharmacy.**

**People with heart disease or those who have had a stroke are at high risk for developing complications from the flu.**

#### FLU + YOU, A NATIONAL PUBLIC EDUCATION INITIATIVE FROM THE NCOA IN COLLABORATION WITH SANOFI-PASTEUR, EDUCATES PEOPLE 65 YEARS OF AGE AND OLDER AND THOSE WHO CARE FOR THEM ABOUT THE SERIOUSNESS OF THE FLU, THE IMPORTANCE OF PREVENTION, AND AVAILABLE VACCINE OPTIONS.

**Older adults have flu vaccine options, including:**

- A higher-dose vaccine developed specifically to address the age-related weakening of the immune system

**People with heart disease or those who have had a stroke are at high risk for developing complications from the flu.**

**Federal guidelines recommend flu vaccination for everyone 6 months and older.**

**Flu vaccination reduces the risk of hospitalization and death from the flu.**

**Vaccination is important for everyone, but especially for those who are at higher risk of developing serious complications from the flu.**

**Flu vaccination is a Medicare benefit with no copay.**

**Flu vaccine options for older adults are widely available at a doctor’s office or local pharmacy.**

**Visit www.NCOA.org/FLU for more information.**

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**SOURCES**