

PROTECTING AGAINST INFLUENZA IN ADULTS

65+

INFLUENZA IS A PREVALENT, CONTAGIOUS, AND VACCINE-PREVENTABLE INFECTIOUS DISEASE IN CANADA

CONSEQUENCES OF INFLUENZA INFECTION CAN BE DEVASTATING FOR ADULTS 65+.


This age group generally has lower immune responses to infections AND typically doesn't respond to vaccines as well as younger adults.¹⁻³ This puts them at potentially higher risk of influenza-related complications, hospitalization, and death.⁴⁻⁶

SENIORS REPRESENT

 **17%** of Canada's population⁷

YET, FROM 2013-2018, ADULTS 65+ ACCOUNTED FOR:

 up to **70%** of influenza-related hospitalizations⁸

 up to **91%** of influenza-related deaths⁸



74%

OF CANADIANS 65+ reported having at least 1 chronic condition*, many of which may put them at high risk for influenza and its complications.^{4,9}

***Arthritis, asthma, cancer, chronic pain, depression, diabetes, emphysema/COPD, heart disease, high blood pressure, mood disorders (other than depression), stroke.**

INFLUENZA IS RANKED:



Among the top 10 leading causes of death in Canada, along with pneumonia.⁴

NACI* RECOMMENDS influenza immunization for high-risk individuals, such as **ADULTS 65+** and people with:⁴



Cancer



Cardiac Disorders





Pulmonary Disorders (e.g., asthma, COPD)



Diabetes

* National Advisory Committee on Immunization

BENEFITS OF SEASONAL INFLUENZA VACCINES⁴

-  Considered the most effective method to prevent influenza
-  Helps protect those who are vulnerable to serious illness



GET YOUR INFLUENZA VACCINE TODAY!



Influenza season usually peaks in the winter months, but can occur as early as fall and as late as spring. Early immunization is preferred, but it is not too late to get the vaccine in January or beyond.⁴

VACCINATION IS THE MOST EFFECTIVE WAY TO PROTECT YOURSELF AGAINST INFLUENZA.⁴

For more information on seasonal influenza vaccines, visit www.immunize.ca.
Vaccination may not protect 100% of individuals. Side effects and allergic reactions may occur.
TALK TO YOUR DOCTOR ABOUT THE RISKS AND BENEFITS OF INFLUENZA VACCINATION.

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Do not use this piece after July 21, 2023, as some of the information may be outdated.

