

TO: EZIZ Users

FROM: CDPH

SUBJECT: Protect Older Adults with Flu Vaccine Today

DATE: 12/5/16

Dear EZIZ users,

Older adults suffer from higher rates of hospitalizations, morbidity, and mortality due to influenza than younger adults.^{1,2,3} Persons 65 years of age and older represent 71-90% of flu-related deaths and 50-70% of flu-related hospitalizations in the U.S. Since this is National Influenza Immunization Week, it is the perfect time to ensure that older adults receive flu vaccine if they haven't already.

Flu vaccine is very effective. A recent study found that flu vaccination in older adults reduced hospitalizations by more than half.⁴ Despite proven benefits of flu vaccination, only 61% of California adults 65 years and older reported receiving a flu shot during the 2015-16 flu season.⁵

Your strong recommendation is the single best predictor of vaccination. When recommending flu vaccine, use a statement rather than a question: "We are well into the flu season. Let's make sure you're protected and get that shot taken care of today."

For more information and resources, see:

- [Influenza Prevention in US Adults Age 65 Years and Older](#) (NFID webinar)
- [Call to Action: Reinvigorating Influenza Prevention in US Adults Age 65 Years and Older](#) (NFID report)

Patient education materials you may wish to promote in your practice include:

- [My Health is my Biggest Asset | Spanish couple | Spanish man](#) (CDC)
- [By Protecting Myself, I'm Protecting Her | Spanish](#) (CDC)

Thank you for protecting Californians against influenza.

¹ Schaffner, W., et al. "[Influenza Prevention in US Adults Age 65 Years and Older](#)." 5 Oct. 2016. Lecture.

² Schaffner, W., et al. "[Reinvigorating Influenza Prevention in US Adults Aged 65 Years and Older](#)." *Infectious Diseases in Clinical Practice* 24.6 (2016): 303-309.

³ Thompson, M. G., et al. "[Estimates of deaths associated with seasonal influenza-United States, 1976-2007](#)." *Morbidity and Mortality Weekly Report* 59.33 (2010): 1057-1062.

⁴ Havers, F. P., et al. "[Case-control study of vaccine effectiveness in preventing laboratory-confirmed influenza hospitalizations in older adults, United States, 2010-11](#)." *Clinical Infectious Diseases* (2016): ciw512.

⁵ "[FluVaxView Interactive!](#)" Centers for Disease Control and Prevention, 2016. Web. 29 Nov. 2016.