



Protect Your Older Adult Patients Against Flu



Continue to recommend and offer flu vaccine to your older adult patients now and throughout the flu season. Flu usually peaks between December and February, but flu can spread as late as May. While influenza activity is currently low, the worst of the season could still be ahead. When possible, continue to provide additional opportunities for your patients to get immunized through reminder/recall, dedicated flu clinics, and offering vaccine during each routine visit.

It is estimated that between 70 to 80 percent of flu-related deaths in the U.S. occur among people 65 years and older. While it is recommended that everyone six months and older should get a flu shot, adults 65 years of age and older, especially those with chronic health conditions such as heart disease, diabetes, and asthma are particularly at risk.

Highlight reasons why your older patients should get a flu shot now:

- Flu shots are safe and effective. Just like wearing a mask, getting a flu shot is an easy way to help you stay healthy during the pandemic.
- Co-infection with flu and COVID-19 poses a dual threat among older adults with chronic health conditions.
- People 65 years and older are at high risk of developing serious flu complications, hospitalization, or even death from flu.
- Flu can make long-term health problems such as diabetes, chronic heart disease, and asthma worse.



Additional resources:

- [If you are 65+ You Need Flu and Pneumonia Shots flyer | Spanish](#)
- [Older Adults and Influenza page \(CDC\)](#)
- [Flu Vaccine Benefits \(CDC\)](#)
- [CDPH Influenza page](#)

Thank you for protecting older adults against influenza!