Get a flu shot to help prevent the flu.

The Centers for Disease Control and Prevention (CDC) recommends an annual flu shot for everyone older than 6 months. It’s important to get one every year because immunity to the flu declines over the course of a year, especially in people 65 years and older. A flu shot is the best way to help prevent the flu.2

It takes about 2 weeks for your body to develop immunity to the flu after getting the flu shot, so get your flu shot as soon as it becomes available.2 Flu season usually peaks in January or February but can start as early as October and last until May.7

People aged 65+ may not be adequately protected against the flu with the traditional flu shot.1

Ask about a flu shot made for adults 65 years or older.

For more information about the flu or flu shots, visit WhatsYourFluPlan.com.

References:
Did You Know?
People 65 years or older are at risk of flu-related complications including pneumonia, bronchitis, sinus infections, ear infections, and worsening of chronic health conditions like asthma or heart disease.\(^1\)

**The traditional flu shot doesn’t always provide adequate protection for people aged 65 and older.\(^1\)**

Our immune defenses become weaker as we age, which means our bodies aren’t able to fight illnesses as well as they could when we were younger.\(^2\) The result is that people aged 65 and older have a greater risk of developing serious complications from the flu.\(^3\)

**Don’t let the flu catch you.**
The flu is very contagious and is spread from person-to-person by coughing, sneezing, or talking.\(^4\)

You can even catch the flu from someone who is 6 feet away!\(^4\) If you touch a surface or object that has the flu virus on it and then touch your mouth or nose, you are at risk of catching the flu.\(^4\) Did you know that the flu can be passed to others even before a person knows he or she is sick? That’s because the flu virus can be spread starting 1 day before signs of illness appear and up to 5 to 7 days after becoming sick.\(^4\)

**Simple things you can do to help prevent the flu.**
Practice good health habits. By taking everyday preventive measures, such as washing your hands often and covering your mouth when you cough or sneeze, you can help prevent the spread of the flu.\(^2,5\)

**How will you know if you have the flu?**
If you get the flu, you might experience the following symptoms\(^6\):

- Fever
- Chills
- Headache
- Sore throat
- Fatigue
- Body aches

\(^3\)Not everyone with the flu gets a fever.

**Help stop the spread of flu\(^5\)**
- Cover your mouth when you cough or sneeze
- Wash your hands often with soap and water
- Avoid touching your eyes, nose, and mouth
- Avoid people who are sick

**Getting a flu shot is THE BEST THING YOU CAN DO to help prevent the flu.\(^5\)**