Protecting Grandparents from Flu

Grandparents today play an active, important role in families’ lives, serving as caregivers, playmates and educators for their grandchildren. It’s important to protect yourself with an annual flu vaccine so you can continue doing the things you love with your families!

Many grandparents are young at heart.

Adults aged 65 years and older account for:

- More than one half of all flu-related hospitalizations (50%-70%)
- The most flu-related deaths (85%)

In fact, according to the Centers for Disease Control and Prevention (CDC),

- every 12 minutes someone 65+ dies from the flu and its complications

The CDC recommends annual flu vaccination for everyone 6 months and older. As seniors age, immune systems weaken, putting you at greater risk of serious flu complications.

A flu vaccine can help:

- Prevent flu illness
- Prevent flu-related hospitalization
- Make your illness from the flu milder if you do get sick
- Protect the people around you

A recent study found repeated flu vaccination offers a double benefit in older adults, proving:

- 74 percent effective in preventing hospital intensive-care (ICU) admissions
- 70 percent effective in preventing death from flu and its complications

Flu seasons are unpredictable, with activity often beginning in October and lasting as late as May.

Get vaccinated as early as possible!

People 65 years and older can get any flu vaccine approved for your age group. Options include cell-based, recombinant, and traditional egg-based vaccines.

There are flu vaccines designed specifically for people 65+ years, including a high-dose vaccine and an adjuvanted vaccine.

Talk to your healthcare professional about which vaccine is right for you!

For more information, please visit Families Fighting Flu:

www.familiesfightingflu.org/resources/protecting-grandparents-flu/