



# Flu season is nothing to sneeze at

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It's that time of year again. Everyone is encouraged to get a flu shot, especially adults 65 and older. This year there is a new vaccine for seniors called Fluzone High-Dose. It offers a higher dose of antigen to provide seniors with a better immune response and protection from the flu.

## Five Good Reasons for Seniors to Get a Flu Shot

1. **Weakened Immune Systems:** After 65, people's immune systems are weaker, making seniors more susceptible to the flu.
2. **New Strains Every Year:** Influenza viruses evolve quickly, making new vaccines necessary.
3. **Antibody Decline:** Your immune system creates antibodies in reaction to getting a flu shot. These antibodies begin to decline over time, making a yearly flu shot a good idea.
4. **Serious Complications:** Seniors are at higher risk for complications if they contract the flu, often because of pre-existing conditions.
5. **Flu Spreads Easily:** Seniors often live in a community where close contact allows the virus to spread easily.

## Ways to Help Prevent Getting the Flu

1. **Get a flu shot:** It is recommended that all adults over the age of 65 get a yearly flu shot.
2. **Wash your hands regularly:** Use soap and water to wash your hands often. If soap and water are not available, use an alcohol based hand sanitizer.

**More information about the flu from the CDC can be found at the following:**

[\*What you should know about this flu season.\*](#)

[\*Symptoms and severity of the flu.\*](#)

[\*What you should know if you are 65 or older.\*](#)

[\*The new Fluzone High-dose vaccine for adults 65 and older\*](#)

[\*Steps to take to prevent getting the flu\*](#)

3. **Do not touch your eyes, nose or mouth:** Because it is easy to pick up the flu virus from many surfaces, do not touch your face until you have a chance to wash or clean your hands after being in public spaces or with an infected person.
  
4. **Keep your distance:** The flu can be spread from up to 6 feet away through coughing, sneezing and talking. Healthy adults can infect others 1 day before they develop symptoms, so it is difficult to know when a person is sick. When possible, try to avoid people that are sick and stay home if you have flu symptoms.
  
5. **Wash and disinfect belongings and surfaces:** Dishes, silverware and linens of people who are infected with the virus should be washed in soapy water before reusing them. Surfaces should also be cleaned in areas where someone is ill.