# Are you 65 years of age or older?

Flu Season

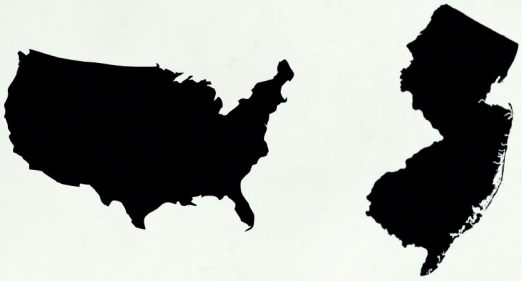
New Jersey Department of Health

## Here's how to stay healthy during the flu season

Influenza, the flu, is a serious disease, especially for older adults. The flu may lead to hospitalization or even death. Symptoms can include: fever, cough, sore throat, muscle aches, and fatigue. Though most people with the flu will recover within a few days, older adults are at high risk of developing serious flu-related complications.

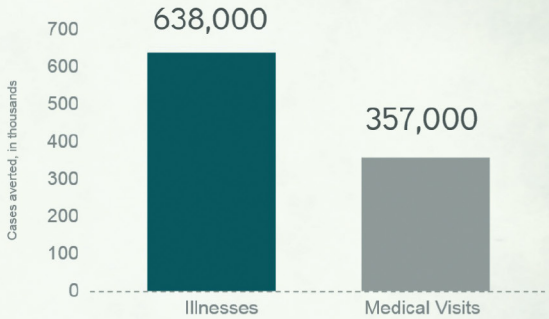
## Flu and pneumonia combined make up the tenth leading cause of death in New Jersey.*

In 2014, there were 1,219 deaths related to flu or pneumonia in New Jersey.* In the U.S. during the 2014-15 flu season, adults 65 years of age and older accounted for 8.3 million illnesses, 4.7 million medical visits and 758,000 flu hospitalizations.†



**Source: New Jersey State Health Assessment Data, 2014*
*†Source: CDC. What You Should Know for the 2014-2015 Influenza Season. http://www.cdc.gov/u/pastseasons/1415season.htm*

## Impact of flu vaccination




Flu-related complications averted

Flu vaccination minimized the impact of flu during the 2014-15 flu season. Among adults 65 years and older, 638,000 illnesses and 357,000 medical visits were averted.‡

...information continued on page 2

# How can I prevent the flu?

1. Get vaccinated!
2. Stop the spread of germs. Wash your hands frequently, cover your coughs and sneezes.
3. Take flu antiviral drugs if your doctor prescribes them to help you get better faster.

## Vaccination Locations

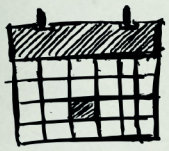
-Health care providers
-Flu clinics
-Local health departments
-Pharmacies
-Hospitals

Or check out www.cdc.gov/flu to find other convenient locations!

# Why should I get vaccinated?

- Getting vaccinated protects you as well as your family and loved ones around you.
- The flu can be severe and life threatening, especially for those with weakened immune systems.
- In 2016, a study showed that people 50 years of age and older who got a flu vaccine reduced their risk of hospitalization by 57%.‡
- The flu may be more dangerous if you have a chronic health condition such as heart disease or diabetes.

# When should I get vaccinated?



- Every year!
- Early in the flu season. The flu season typically begins around October and can extend as late as May. It is still beneficial to get vaccinated throughout the flu season, even if you are getting the vaccine late into the season.

## For more information...

Speak with your health care provider to learn more about the flu and other adult vaccinations. You can also find more information on websites for the New Jersey Department of Health (http://nj.gov/health/cd/flu) and the Centers for Disease Control and Prevention (www.cdc.gov/flu).

Please consult with your health care provider to determine whether receiving the influenza vaccine is recommended and appropriate for you. This information is not a substitute for medical advice.

*‡ Source: Centers for Disease Control and Prevention, Influenza - www.cdc.gov/flu*

NJ Health
New Jersey Department of Health

CDS Communicable Disease Service