



THE FLU CAN BE DEVASTATING FOR ADULTS 65+

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MedAction

What should you know?

According to the Public Health Agency of Canada, adults aged 65 and older are at high risk of complications from influenza infection – also called “the flu.”

While adults age 65+ represented approximately 15-17% of the Canadian population, they have accounted for up to*:

70%
OF FLU-RELATED
HOSPITALIZATIONS

91%
OF FLU-RELATED
DEATHS

*Based on Public Health Agency of Canada's FluWatch influenza surveillance data from 2013-2018

Vaccination is the most effective way to prevent infection from influenza virus. However, not all influenza vaccines are equally effective in adults aged 65 and older.

Why is this important?

Adults age 65 and older are more severely affected by flu because:

- The immune system becomes weaker with age and, as such, does not respond as well to standard flu vaccination
- They have less ability to fight the infection
- The flu can worsen pre-existing chronic conditions such as diabetes, heart disease or renal disease

How can getting the flu be dangerous for older adults?

The flu is different from a cold. The symptoms of flu infection – like body aches, fever, cough, runny nose, sore throat, chills and fatigue – can be more severe and may require people to stay in bed for several days.

Although the flu is difficult for everyone, it can have serious consequences for people aged 65 and older because, with age, the immune system becomes weaker and less able to fight infection.

People aged 65 and older are at much higher risk of flu infection and its consequences than younger adults.

Adults aged 65 and older and those with chronic health conditions are at high risk of flu-related complications or hospitalization



Cardiac (heart or blood vessel) disease



Renal (kidney) disease



Lung disease



Anemia



Diabetes



Neurologic conditions (e.g., seizures)

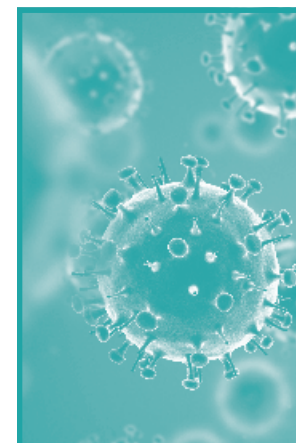
The flu is also known to worsen pre-existing medical conditions such as diabetes or renal disease.

Research has shown that flu can trigger heart attacks and strokes in individuals who have heart disease.



Ask your doctor about the different flu vaccines that are available, and which ones may be best suited for you.

- ✓ Vaccination is the most effective way to prevent flu
- ✓ Flu vaccines help your body build its own defences so it can do a better job of preventing or fighting infection caused by influenza virus
- ✓ Flu vaccines are prepared specifically for each season. Vaccination before the beginning of the flu season is recommended
- ✓ There are 3 different types of influenza viruses that most commonly affect people aged 65 and older each year: influenza A(H1N1), influenza A(H3N2) and influenza B
- ✓ According to Canadian surveillance data, adults 65 years of age and older are disproportionately affected by the flu during seasons when influenza A(H3N2) predominates



In Canada, the National Advisory Committee on Immunization (NACI) states that:

“Given the burden of disease associated with influenza A(H3N2) and the good evidence of better efficacy compared to standard dose TIV in this age group, high dose TIV should be offered over standard dose TIV to persons 65 years of age and older.”

More information on flu vaccines for seniors

- Canadian Immunization Guide on Seasonal Influenza Vaccine
Available at: <http://bit.ly/2paqrGT>
- CARP – Canada’s largest advocacy association for older Canadians
Available at: <http://bit.ly/2FI4wQL>
- Immunize Canada – A public health agency dedicated to immunization awareness and advocacy
Available at: <https://immunize.ca>
- Sanofi Pasteur – One of Canada’s leading research-based vaccine producers
Available at: fluzone.ca

FOR ADULTS 65+

**FLUZONE®
HIGH-DOSE
HAS PROVEN TO
BE 24% MORE
EFFECTIVE**



In a study of 31,000 people over 65 in the US and Canada, FLUZONE® High-Dose was demonstrated to be **24% MORE EFFECTIVE** than standard dose vaccine* in protecting seniors from the flu.

*Vs. standard dose FLUZONE® vaccine against laboratory-confirmed influenza caused by any viral type or subtype.

*Ask your healthcare provider
for the FLUZONE® High-Dose
flu shot and get protected now.*

Fluzone® High-Dose
INFLUENZA VACCINE

WWW.FLUZONE.CA

FLUZONE® High-Dose is a vaccine used to prevent influenza in adults 65 years of age and older. Influenza (or flu) is an infection caused by the influenza virus. Annual vaccination using the current vaccine is recommended for prevention against influenza as immunity declines in the year following vaccination. Persons with a history of severe allergic reaction to eggs or egg products or any component of FLUZONE® High-Dose should not receive the vaccine. FLUZONE® High-Dose will only protect against the strains of influenza virus contained in the vaccine or those that are closely related. FLUZONE® High-Dose will not protect against any other strains of influenza virus. FLUZONE® High-Dose is not indicated for the prevention of hospitalization or death after the onset of disease. As with all vaccines, FLUZONE® High-Dose does not protect 100% of people immunized. Allergic reactions can occur. The most common side effects are pain at the injection site and muscle ache. Contact your healthcare provider to see if this vaccine is right for you. For more information, visit www.sanofi.ca.

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