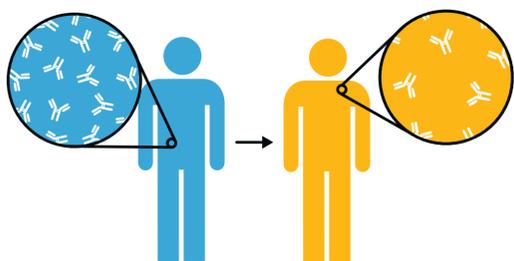




Flu + You

WHAT DO PEOPLE 65 AND OLDER IN CUYAHOGA COUNTY NEED TO KNOW ABOUT THIS FLU SEASON?

Older adults are an important part of the Cuyahoga County community. Influenza, commonly known as “the flu,” is a contagious disease that can be severe and life-threatening, especially for adults 65 years of age and older.¹ *Flu + You*, sponsored by the National Council on Aging (NCOA) in collaboration with Sanofi Pasteur, educates older adults in Cuyahoga County and those who care for them about the seriousness of the flu, the importance of prevention, and available vaccine options.



THE IMMUNE SYSTEM WEAKENS WITH AGE, MAKING IT HARDER TO FIGHT DISEASE.

As a result, people 65 years of age and older are more likely to catch the flu and experience complications.^{2,3}

Adults age 65 and older typically account for more than half **(60%)** of flu-related hospitalizations...



...and almost all **(90%)** of flu-related deaths.⁴



THE FLU CAN MAKE EXISTING HEALTH CONDITIONS WORSE.

86%⁵ of adults age 65 and older have at least one chronic condition...



...and **68%** of Medicare beneficiaries have two or more.⁶



The flu is especially dangerous for people with chronic conditions, such as diabetes, heart disease or chronic obstructive pulmonary disease (COPD), which commonly affect older adults.

People with these conditions are more likely to develop complications from the flu that can result in hospitalization and even death.⁷

For Medicare beneficiaries 65 years of age and older in Cuyahoga County



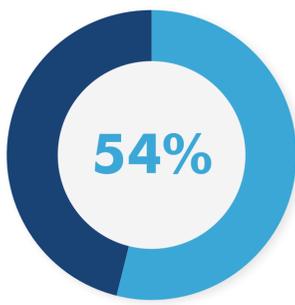
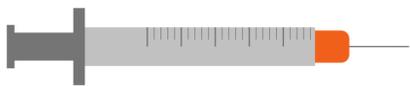
32% HAVE HEART DISEASE⁸



28% HAVE DIABETES⁸

THAT'S WHY THE FLU SHOT IS IMPORTANT FOR THIS AGE GROUP.

According to the Centers for Disease Control and Prevention, the single best way to help prevent the flu is to get an annual flu shot.⁹



Only 54% of Medicare beneficiaries from Cuyahoga County were vaccinated against the flu last year.¹⁰

ADULTS 65 YEARS OF AGE AND OLDER HAVE FLU VACCINE OPTIONS, INCLUDING:

- The traditional, standard-dose flu vaccine
- A higher-dose vaccine

The higher-dose vaccine was made specifically for adults 65 and older to improve the body's production of antibody against the flu.²



These vaccine options are available at several places, including your doctor's office or local pharmacy.

SPEAK WITH YOUR HEALTH CARE PROVIDER ABOUT YOUR RISK OF CATCHING THE FLU AND WHAT YOU CAN DO TO HELP PREVENT IT, INCLUDING THE BEST VACCINE OPTION FOR YOU.

TO LEARN MORE VISIT
WWW.NCOA.ORG/FLU

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*Based on 2012 data from the Centers for Medicare & Medicaid Services