

SENIORS NEED A DIFFERENT FLU SHOT

Influenza is highly contagious, and anyone can get the flu no matter how healthy they feel. Yearly vaccination is the best way to help protect yourself from the flu. And since different flu shots are approved for people at different ages, it is important to remember that SENIOR FLU SHOTS are flu vaccine options for older adults. SENIOR FLU SHOTS are specially formulated for people 65+. These flu vaccines help protect older adults against the flu.



The 411 on flu vaccine

Who needs it: All adults, no matter what their age. Be sure to let your health care provider know if you've had a severe reaction to the flu shot in the past, are allergic to eggs (the flu vaccine is most commonly grown in them) or have (or have had) Guillain-Barré syndrome (GBS). On rare occasions, people may develop this disorder, in which the body's immune system damages nerve cells, causing muscle weakness and sometimes temporary paralysis in the days or weeks after getting the vaccination. (Studies suggest, however, that it is more likely that a person will get GBS after getting the flu itself rather than the vaccination.) If you have a fever, you will likely be asked to wait until your temperature is back to normal before you get the vaccine.

How often: Once a year (the sneaky virus itself changes every year). Flu season typically begins in October and ends in March; the CDC recommends rolling up your sleeve by the end of October, since it takes about two weeks after a vaccination for flu-fighting antibodies to develop in the body.

Why you need it: The flu can lead to hospitalization and sometimes death — and older adults are the most vulnerable. Studies show that a vaccination can reduce the risk of falling ill by as much as 40 to 60 percent.