

Health Awareness

Calling All Seniors: Get Vaccinated Against The Flu, And Tell Your Loved Ones To Do The Same

(NAPSA)—People 65 years of age and older were impacted by an estimated 8.3 million illnesses, 4.7 million medical visits and 758,000 flu hospitalizations during the 2014–2015 influenza (“flu”) season. These numbers are devastating and underscore how severe and life threatening influenza can be, while highlighting that an annual flu vaccination is one of the things you can do to help maintain your health.

Judith Light, award-winning actress starring in a new Off-Broadway show and Amazon’s show “Transparent,” is the Flu Ambassador for Flu + You for a third year. As an ambassador, Judith is helping to educate older adults and their loved ones about the seriousness of the flu, the importance of getting an annual flu vaccination and their vaccine options. This national public education initiative is a collaboration between the National Council on Aging (NCOA) and Sanofi Pasteur. Judith wants everyone eligible to commit to getting an annual flu vaccination and to share the information with others.

“Maintaining your health is important, and getting an annual flu vaccination is a key part of that,” said Light. “For those who are 65 years of age and older like me, it’s especially important to try to get your flu vaccination early in the season, as soon as it’s available.”

According to the U.S. Centers for Disease Control and Prevention, the single best way to help prevent the flu is to get an annual vaccination, which is recommended for everyone six months of age and older, with rare exception. Adults 65 years of age and older



Actress Judith Light challenges people 65 years of age and older to learn about their flu vaccine options.

have flu vaccine options designed for their age group. A higher-dose vaccine was developed specifically to address the age-related weakening of the immune system.

“Surprisingly, older adults are largely unaware of their vaccine options, according to a survey we conducted of 1,000 U.S. adults 65 years of age and older,” said Kathleen Cameron, MPH, Senior Director, National Council on Aging. “Adults 65 and older should talk with their health care provider about their options, including a higher-dose vaccine, which is widely available. We encourage people to help protect themselves against the flu, share information about influenza with their peers and make a commitment together to getting vaccinated.”

Older adults and their loved ones can learn more about the flu and flu prevention, and view video messages featuring Judith Light, at www.ncoa.org/Flu.