

Stay Healthy and Active Through Prevention!

As we age, we know that eating healthy foods and being physically active will contribute to our overall health and well-being. However, we sometimes tend to pay less attention to other healthy choices that could be life-changing, for example getting the vaccination for influenza that is appropriate for us.

How at risk are you?

As we age, there is a natural weakening of the immune system, which:

- Increases susceptibility to influenza and related complications;
- Reduces our ability to respond to regular influenza vaccines. In older persons, vaccine effectiveness is roughly half of that in healthy adults.

Approximately 74% of older persons have at least one chronic condition and many are living with cancer, heart disease, pulmonary disorders or diabetes for example, which can put increased stress on the immune system, making individuals much more susceptible. Influenza contributes to mortality among patients with underlying lung or chronic heart diseases:

For persons aged 65 years and over, the risk for influenza-attributed death was:



5x

Greater among those with chronic heart disease



20x

Greater among those with **BOTH** chronic heart and lung conditions



12x

Greater among those with chronic lung disease



Protect yourself against influenza

While being active and eating healthy foods will contribute to your health and are encouraged, those healthy habits alone will not protect you from influenza. Protect yourself against the burden of influenza and its serious complications by getting the flu shot that is right for you.

Take charge of your health

- Manitoba offers flu vaccines for everyone: Quadrivalent (QIV) for the general population and a high-dose vaccine, which is specifically designed for people 65+ years of age (currently being provided to personal care homes residents).
- The National Advisory Committee on Immunization (NACI) recommends that high dose TIV vaccine be offered to persons 65+ years of age over the standard dose TIV due to the good evidence of better efficacy.
- If you are 65+ years of age make the choice to help you stay healthy and active by getting your flu shot.
- Consult your healthcare provider about which vaccine choice is best for you.

Get vaccinated to help protect yourself and prevent the spread of flu to others.