



Influenza Safety Tips

Avoid getting influenza this year. Here are some recommendations from the Center for Disease Control:

- CDC recommends everyone older than 6 months get an annual flu vaccine as soon as the vaccine becomes available; October is the ideal time to get vaccinated, but it's never too late
- If you don't like needles, ask your doctor if a nasal flu spray is available
- Avoid being around sick people if possible
- Wash your hands frequently with soap and water, or use hand sanitizer
- Cover your mouth when coughing or sneezing, preferably with the inside of your arm rather than your hand
- Avoid touching your face
- Disinfect surfaces that may be contaminated



Are you 65 years or older?

In recent years, it's estimated that between 71 percent and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older and between 54 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in that age group. Influenza can be very serious for people 65 and older.

1. For people 65 and older there are two vaccines specifically designed for them.
 - The high dose vaccine was designed to create a stronger immunity. Results from a clinical trial showed that adults 65 years and older who received the high dose vaccine had fewer influenza infections as compared to those who received the standard dose flu vaccine.
2. The adjuvanted flu vaccine, called Fludax is also created to make a stronger immune response with vaccination.

People 65 years of age and older are not recommended getting the nasal spray flu vaccine, the intradermal flu shot, or jet injector flu vaccine.

Please ask your primary health care provider for recommendations on the right influenza vaccine for you.

[CDC https://www.cdc.gov/flu/about/disease/65over.htm](https://www.cdc.gov/flu/about/disease/65over.htm)

<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/winter/flu>