

Flu Shots for Seniors

For more than 60 years, the flu shot has helped Americans fight influenza, commonly called the flu. The flu shot for seniors is particularly important, helping to prevent hospitalizations and death or the spread of the disease. Flu season generally peaks in the fall and winter months when people spend more time indoors and in close contact.



Widely available and free in some cases, flu shots can be accessed through doctors, clinics, schools, pharmacies, and businesses. With past Covid restrictions, the U.S. experienced lower flu outbreaks, leading some to forego the flu shot. Now more than ever, it's important to get the flu shot along with any Covid shots rather than foregoing one for the other. Each helps the immune system in different ways. If in doubt, visit with Conviva's Care Teams and physicians to learn more and schedule your flu shot.

Fighting Flu with Facts

Is the flu shot safe?

Yes. The flu shot has been extensively researched and millions of Americans get one each year with no adverse reaction. It's a good idea to check with your doctor if you're pregnant or have health concerns.

Is the flu vaccine effective?

Yes. Studies have shown the vaccine reduces the risk of influenza A or B viruses by more than 60% for people older than 65 years.

Can a vaccine give me the flu?

No. The flu is a live virus that reproduces and spreads. The vaccine has no live virus in it.

How often do I need a flu shot?

Plan to get a flu shot each year.

Are there any flu shot dangers for seniors?

A flu shot may cause mild side effects like aches, fever, fatigue, or soreness at the shot site. Side effects usually last just one or two days.





Is the shot effective immediately?

No, it takes about two weeks to be fully protected.

Are flu shots free?

Medicare Part B covers the cost for Medicare beneficiaries.

Where do I get a flu shot?

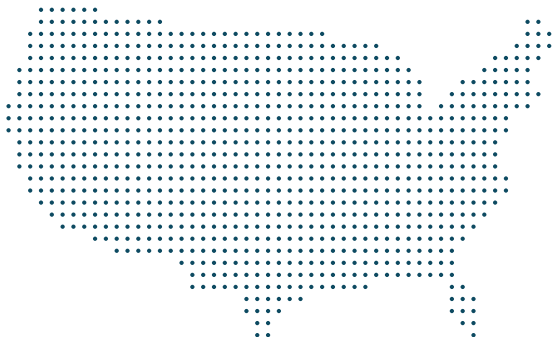
Many places like clinics, doctor's offices, and pharmacies offer flu shots. Talk with your primary care doctor about flu shot availability and options.

Flu Stats:

1945

First flu shots given

<https://en.wikipedia.org>



The CDC estimates that from 2010 to 2020, the flu has caused between **9 million and 41 million** illnesses annually in the United States.

<https://www.cdc.gov>

Between October 1, 2019 and April 4, 2020, the flu resulted in:

- **39 to 56 million illnesses**
- **410,000 to 740,000 hospitalizations**
- **24,000 to 62,000 deaths**

<https://hive.rochesterregional.org>

Other Sources:

<https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm>

<https://www.familiesfightingflu.org/facts-on-flu-vaccines/>

<https://www.ncoa.org/article/its-time-to-get-your-flu-shot-what-you-need-to-know-during-flu-season>