

Flu Prevention



About the Flu Risk

The flu can be serious for everyone – but for adults age 65 years and older, the risk of flu-related hospitalization and complications is particularly high. The flu can even have negative effects on the overall health of older adults weeks after recovery from the virus. If you have a chronic condition such as diabetes, heart or lung disease, asthma, or kidney disease, you may have an even higher risk of developing serious complications from the flu.

How to Lower the Risk of the Flu

You can reduce your flu risk by learning about vaccines and other preventive actions you can take today. The Centers for Disease Control (CDC) urges you to take the following actions to protect yourself and others from influenza (the flu):

1. Take time to get a flu vaccine. [The flu shot is free for Healthy Connections Prime members.](#)
2. Take everyday preventive actions to stop the spread of germs
3. Take flu antiviral drugs if your doctor prescribes them.



For more information on these steps, please click on the following brochure published by the CDC: <https://www.cdc.gov/flu/pdf/freeresources/updated/take3.pdf>.

Know the signs of the flu and seek treatment early. Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People can be infected with the flu, and have respiratory symptoms without a fever.

More About the Flu Vaccine

Immune systems weaken with age, but there are vaccines designed to help protect older adults by producing a stronger immune response. Vaccines are available at many different locations, including doctor's offices, pharmacies, health departments, and clinics. You can make an appointment for a flu shot or ask about getting one as part of your next health care visit. Encourage your family and caregiver to get the flu vaccine, too, to keep them from spreading the flu to you or other high-risk people.

For More Information About the flu

Please visit the following links:

- CDC - <https://www.cdc.gov/flu/index.htm>
- National Foundation for Infectious Diseases - <http://www.nfid.org/influenza>