

65 or older?

You need a flu shot

Why should I get the flu shot?

People who are 65 years of age or older are at greater risk of getting seriously ill from the flu. Getting a flu shot is the best way to protect yourself and the people around you from getting the flu. The flu shot also lowers your risk of serious complications, such as pneumonia.

Get a flu shot early. It's a good idea to get the flu shot at the start of flu season. It takes about 2 weeks for the shot to give you protection against flu viruses. The sooner you get the flu shot, the sooner you will be protected.

Get a flu shot every year. Flu viruses are always changing. That's why vaccines are updated each year. Getting the flu shot every year is your best defence against the flu.

Children in schools and daycares are at risk of getting and spreading the flu, as they have close contact with one another during the day. If you have young children or grandchildren, they could give you the flu. If you get the flu shot, you'll be better protected. If you do get the flu, you may not get as sick.

Why does being older put me at increased risk of serious complications from the flu?

As you age, your immune system gets weaker, making it harder to fight off infection. In older people, the flu can be serious, or even

deadly. People who have heart disease or who have had a stroke are also at increased risk of developing serious complications from the flu. Last flu season, the majority of the flu-related hospitalizations and deaths were in people who were 65 years of age or older.

How can I avoid getting the flu?

- Get your flu shot. It will protect you, as well as your family and friends.
- Wash your hands often with soap and water or a hand sanitizer that contains alcohol.
- Cough and sneeze into a tissue or your arm, not your hand.
- Stay at home if you are sick, and avoid contact with people who are sick with the flu.
- Clean surfaces often (for example, counter tops, keyboards and telephones). Flu viruses can live on surfaces for up to 48 hours.

I think I have the flu, what can I do?

Symptoms of the flu include fever, cough or sore throat, headache and tiredness. Some people may also have vomiting and diarrhea. If you develop flu symptoms, contact your doctor or nurse practitioner or call Telehealth at 1-866-797-0000 to speak with a health care professional.

Where do I get the flu shot?

You can get your free flu shot at a pharmacy, your doctor or nurse practitioner's office or at a public health clinic.



For more information visit:
[**ontario.ca/flu**](https://ontario.ca/flu)