



The flu vaccine and older adults

Risks associated with the flu

Older adults have a higher chance of developing complications from the flu. You are more likely to be hospitalized because of flu. Older adults account for 70–85% of flu-related deaths each year.¹

Flu vaccine reduces the risk

The best way to reduce your chance of getting the flu is to get a yearly vaccine. Vaccines introduce a weak or inactive virus and help your body to produce antibodies. Antibodies help you fight against the virus if you get exposed.¹

I heard there are different vaccines. Which one should I get?

Our clinic has selected FLUCELVAX® and Flublok®. Both vaccines contain four strains of virus to offer better protection.

- **Flucelvax®** is produced in animal cells. Vaccines produced in animal cells are more effective than vaccines produced in eggs because they are more similar to the flu virus.
- **Flublok®** is made by combining proteins from the flu virus with portions of another virus. This vaccine contains a higher amount of viral proteins. This helps your body to build a response against the flu.

There are small differences amongst flu vaccines, but the CDC does not prefer one flu shot over another. Talk to your doctor to see which flu shot is best for you. The most important thing is to get a vaccine every year.

What else can I do to protect myself from the flu?

- Limit contact with people who are sick.
- Wash your hands often.
- Try not to touch your face.
- If you have not received the pneumonia vaccination, talk to your provider to see if one is appropriate for you.

The beginning of fall marks the start of flu season and a reminder to get your annual flu vaccine. Adults 65 years and older can develop serious complications. The flu vaccine will help protect you and the ones you love.

When should I get vaccinated?

The ideal time for a flu shot is in the early fall, before the end of October.^{1,2}

When should I call my doctor if I develop symptoms?

Get medical care right away if you experience any of the following:^{1,2}

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Prolong dizziness or confusion
- Not urinating
- Worsening of fever and/or other medical conditions

Schedule your flu vaccination today.

Resources:

1. Centers for Disease Control and Prevention. People 65 years and older and influenza. [cdc.gov/flu/highrisk/65over.htm](https://www.cdc.gov/flu/highrisk/65over.htm). Accessed May 11, 2020.
2. Grohskopf LA, Alyanak E, Broder KR, Walter EB, Fry AM, Jernigan DB. Prevention and control of seasonal influenza with vaccines: Recommendations of the advisory committee on immunization practices — United States, 2019–20 influenza season. *MMWR Recomm Rep* 2019;68(No. RR-3):1–21. [dx.doi.org/10.15585/mmwr.rr6803a1](https://doi.org/10.15585/mmwr.rr6803a1).

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