



Flu Vaccine for Older Adults

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Flu and COVID-19: Similarities and Differences

Vaccination of people at high risk for flu complications is especially important to decrease their risk of severe flu illness.

Many people at higher risk from flu also seem to be at higher risk from COVID-19.

If you are at high risk, it is especially important for you to get a flu vaccine this year.

Both COVID-19 and flu can have varying degrees of signs and symptoms. Common symptoms that they share include:

- Fever or feeling feverish/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Mild to severe illness

Differences include:

Change in or loss of taste or smell although this can occur with profound congestion associated with the flu.



COVID-19 Know the Difference



State of Illinois
Illinois Department of Public Health

Questions about COVID-19?

Call 1-800-889-3931 or email dph.sick@illinois.gov

Illinois Department of Public Health - www.dph.illinois.gov

Signs and Symptoms	COLD	FLU	COVID-19
Symptom onset	Gradual	2 days	2-14 days
Body Aches	Slight	Common	Common
Cough	Common	Common	Common
Diarrhea	Rare	Sometimes	Sometimes
Fatigue/Weakness	Sometimes	Common	Common
Fever/Chills/Shaking	Rare	Common	Common
Loss of Taste or Smell	Never	Never	Sometimes
Shortness of breath or Difficulty Breathing	Rare	Common	Common
Stuffy nose	Common	Common	Rare
Sneezing	Common	Sometimes	Rare
Sore throat	Common	Common	Common
Headache	Rare	Common	Common

Flu Statistics for Age 65+

2018 Flu Season:

- 5.9 million symptomatic cases
- 540,517 hospitalizations
- 50,903 deaths

2019 Flu Season est:

- 3.0 million symptomatic cases
- 279,384 hospitalizations
- 25,555 deaths

COVID-19 Statistics for Age 65+

COVID 19 Outcomes of Older Adults Compared to 18-29 Age Group

65-74 years old:

- 5 x higher rate of hospitalization
- 90 x higher rate of death

75-84 years old:

- 8 x higher rate of hospitalization
- 220 x higher rate of death

85+:

- 13 x higher rate of hospitalization
- 630 x higher rate of death

Flu Shot Myth Busters

MYTH:

Washing hands frequently is just as effective as the flu shot to prevent the flu



REALITY:

The number one way to prevent getting the flu is to get a flu shot. That way you're building up your own protection and **antibodies.**



Barriers to Immunization among Older Adults in 2020

Sheltering in Place

Fewer visits to primary care physician

Fear of vaccinations fueled by COVID19

No strategic plan to immunize seniors in
high rise communities

What You Can Do

Increase awareness about the importance and benefits of annual flu vaccination; especially with older adults and persons with chronic conditions

Promote flu prevention within your communities



Promote, coordinate, or host flu vaccination clinics



Remember the 3 Ws to protect yourself and others this flu season

- WASH your hands
- WEAR your mask
- WATCH your distance

—For your voicemail and email signature



REMEMBER THE 3 W'S

to protect yourself and others this season:



WASH
your hands



WEAR
your mask



WATCH
your distance



GET YOUR FLU SHOT

Resources



- CDC COVID-19 Hospitalization and Death by Age: <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/investigations-discovery/hospitalization-death-by-age.html>
- CDC Estimated Influenza Illnesses, Medical visits, Hospitalizations, and Deaths in the United States – 2018 – 2019 influenza season: <https://www.cdc.gov/flu/about/burden/2018-2019.html>
- CDC FAQs for Flu 2020-21: <https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>
- CDC Fluzone High-Dosed Seasonal Influenza Vaccine: https://www.cdc.gov/flu/prevent/qa_fluzone.htm
- CDC Flu Communication Resource Center: <https://www.cdc.gov/flu/resource-center/index.htm>
- Find your local health department: http://www.idph.state.il.us/IDPHPrograms/v_LHDDirectory/Show-V-LHDDirectory-Public.aspx
- Department on Aging: <https://www2.illinois.gov/aging/Pages/default.aspx>



LOWER YOUR

If you have a chronic condition like...

LUNG DISEASE

HEART DISEASE

DIABETES



there are many important things you need to do to stay healthy:

MONITOR YOUR
CONDITION



TAKE YOUR
MEDICATION



EXERCISE



EAT HEALTHY



But there's one thing you might not know...

Annual flu vaccination

is also a critical part of your care



Even when your chronic condition is well-managed, **flu can worsen symptoms** and lead to **life-threatening complications**, including:



HEART ATTACK



STROKE



PERMANENT
PHYSICAL DECLINE



PNEUMONIA



HOSPITALIZATION
& DEATH

LEARN MORE AT www.nfid.org/flu

#LowerYourFluRisk



National
Foundation for
Infectious
Diseases

2020-2021 Flu Season Planning Considerations

1. Getting a flu vaccine is more important than ever.

2. CDC recommends that all people 6 months and older get a yearly flu vaccine. September and October are good times to get vaccinated.

3. Increasing flu vaccination uptake can decrease stress on the healthcare system.

2020-2021 Flu Season Planning Considerations

4. Flu vaccine coverage in Illinois was under 50% during the 2018-2019 flu season and disparities exist.

5. Efforts to reduce the spread of COVID-19 have impacted routine preventive services like immunizations.

6. How and where people get a flu vaccine may need to change due to COVID-19.

Stop the Spread of COVID-19: For Older Adults & Those with Chronic Medical Conditions

- *Stay at home as advised and avoid crowded places**
- *Make sure you have several weeks of medications and supplies**
- *Limit close contact with others, particularly those who are sick**
- *Wash your hands frequently, for at least 20 seconds**
- *Practice social distancing (stay at least 6 feet apart)**
- *Clean frequently touched surfaces and objects daily**

www.nfid.org/coronaviruses



National
Foundation for
Infectious
Diseases

THANKS

References:

Illinois Department of Public Health

Illinois Department on Aging

National Foundation for Infectious
Diseases

ValleyHealth

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