

Tackle the Flu E-Message: Seniors

Flu Season is Here

The Best Way to Prevent the Flu is to Get Vaccinated

Staying healthy can sometimes be a challenge, especially during the flu season.

Flu vaccination is especially important for individuals who are at higher risk for serious flu complications, and this includes people 65 years of age and older and people with chronic conditions such as asthma, diabetes and heart disease.

The flu can pose a serious risk to an individual's health. The Centers for Disease Control and Prevention report that every year, the flu is responsible for more than 200,000 hospitalizations and an average of 36,000 deaths nationwide.

By getting a flu vaccine now, individuals are not only protecting themselves from the flu, but are less likely to spread the virus to family members, co-workers and others. The flu vaccine is readily available this season in all communities.

Contact your doctor or visit mo.gov to find a clinic near you.

Please consider distributing the attached fact sheet to others. This information and other resources developed by the Missouri Department of Health and Senior Services are available to you at no cost and can be ordered at health.mo.gov/immunizations or by calling 573.751.6124.

