



COUNCIL on AGING

YOUR SOURCE AND VOICE ON SENIOR ISSUES

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Council on Aging Encourages You to Protect Yourself and Your Loved Ones. Get Your Flu Shot Today!

Remember, Flu Season Lasts From October Until Late May.

Learn the facts about the flu. **Influenza is not the common cold!** It is much more serious.

Influenza:

- Is a contagious respiratory disease caused by a virus;
- Can lead to severe problems and even death.

Did You Know...

- In the United States, flu and pneumonia together represent the fifth leading cause of death among adults age 65 and older.
- According to Center for Disease Control and Prevention, between 5 to 20% of the U.S. population get the flu each year.
- Approximately 200,000 people are hospitalized from flu complications annually.
- Each year, there are more than 36,000 flu related deaths.
- Approximately 90% of the deaths in adults age 65 and older are caused by complications related to influenza and pneumonia.

Protect Yourself!

- The best way to protect yourself and loved ones from influenza is an annual vaccination, which is proven to be safe and effective.
- Contrary to popular belief, a person cannot contract influenza from the vaccine.
- Side effects from the vaccine are very mild and, if experienced, will subside within one or two days. Possible side effects are mild fever, soreness or body aches.
- Influenza vaccines have no charge through Medicare Part B.

Where Can You Access a Flu Shot?

- Flu shots are available through community agencies, healthcare providers and pharmacies.
- Health Department Flu Clinic Hotline (Mecklenburg County) 704-336-4667
- www.findaflushot.com
- Check with neighborhood grocery stores and pharmacies for clinic or flu shot hours.

Resources: US Centers for Disease Control, NC Division of Aging and Adult Services.

The mission of Council on Aging is to transform Charlotte-Mecklenburg into a senior-friendly community through education and advocacy.