

FLU VACCINE FOR OLDER ADULTS IS MORE IMPORTANT THIS YEAR

Why is it important to get a flu shot this year?

Flu is a serious health risk for older people.

- The CDC estimates that 70 – 85% of flu-related deaths happen in people who are age 65 and older. Most people flu-related hospitalizations are in this age group.
- Diabetes, heart disease, asthma and other medical conditions also increase your risk with flu.

Getting a flu shot protects against serious illness and complications.

- If someone who is vaccinated does get the flu, research shows that they will have a milder case and be much less likely to be hospitalized.

Getting a flu shot will make it easier for you and your primary care provider to decide how to treat any viral infection this winter.

- There is a lot of overlap between flu symptoms and early COVID-19 symptoms. If you have any symptoms and you have had the flu vaccine, that will be useful information to help decide on the best course of testing and treatment for you.

This year, there are special high-dose versions of the flu shot that provide more protection for people 65 years and older.

- People in this age group need high-dose versions because their immune systems do not produce as strong an immune response after getting the regular-dose vaccine.

Where can I get a flu shot?

- You can get a flu shot from many pharmacies, clinics, or at one of the drive-through or mobile vaccination clinics sponsored by the health department. Click here to go to Public Health's webpage to look at options available: <https://kingcounty.gov/depts/health/communicable-diseases/immunization/clinics.aspx>
- Medicare and Medicaid cover 100% of the cost of a flu shot. Even if you do not have health insurance, you can find no-cost options on the webpage.

Need help over the phone finding a flu shot?

- Call Community Living Connections (<https://www.communitylivingconnections.org/>) toll-free 1-844-348-5464 for help in finding a pharmacy or vaccine clinic near you. Callers will hear a recording in English and Spanish. Callers can press 6 for assistance in Spanish or stay on the line to ask for interpretation in other languages. All calls are free and confidential.

Need transportation to get to a vaccination clinic or pharmacy?

- Hyde Shuttle provides door-to-door van service throughout many communities in King County for adults, 55 and older, and persons with disabilities.
 - Request a ride by phone at 206.727.6262, press 1 and stay on the line to ask for interpretation in other languages.
 - Or register on-line by clicking here: <https://hydeshuttle.org> and click on *Request a Ride* (on-line is in English only).
- If you have a disability and cannot use a bus or light rail, you may want to sign up for Access Metro Transportation. Click this link to access their website: <https://bit.ly/2GRuwLK>. Contact the Access Metro Transportation Call Center at 206-205-5000 for assistance. For Spanish press 2, for all other languages press 1 for English, select option 2 for a call taker. Currently, people with disabilities with immediate transportation needs do not need to be certified for Access service.