

COVID-19 can still lead to serious illness, especially as you get older.



Adults 65 and older carry the heaviest burden of serious COVID-19 illness:

MORE THAN
 **80%** OF
COVID-19 deaths

 **70%** OF
adult COVID-19
hospitalizations¹

 Protection can
DECREASE
over time.

Add another layer of protection.

Recent U.S. evidence found that getting an updated COVID-19 vaccine provided adults 65 and older with:

- » **About 40%–46% additional protection against hospitalization** during the first four months after vaccination.²
- » An updated vaccine can protect you against hospitalization.

Adults 65 and older, and people with certain health conditions, have a higher risk of becoming seriously ill from COVID-19.

Your risk of getting very ill from COVID-19 increases when health conditions add up.

8 out of 10 adults hospitalized with COVID-19 had at least two underlying medical conditions.¹

Your risk may be higher if you are living with:

- » Heart disease
- » Diabetes
- » Chronic lung disease
- » Chronic kidney disease
- » Overweight or obesity
- » Cancer
- » A weakened immune system

Having more than one condition can increase your risk further.

If you get sick, act quickly.

COVID-19 treatments generally must begin within **5–7 days** after symptoms start.

For people at higher risk, **treatment can reduce the risk of hospitalization by more than 50%.**

Call your doctor promptly if you start having symptoms.

Your family doctor knows your health history.

A conversation today can help protect you and your family from serious illness tomorrow.

The people who love you are counting on you.

Talk with your doctor about an updated COVID-19 vaccine.

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¹ 2023–2024 respiratory illness season

² 2024–2025 respiratory illness season

Source: Centers for Disease Control and Prevention (www.cdc.gov)

Protect yourself and the people who count on you.

Talk with your doctor about a flu vaccine today.



A flu shot is one of the simplest ways to protect your health this flu season. Here's what to know.

Who should receive a flu vaccine?



Annually for everyone ages 6 months and older, unless there's a medical contraindication

Stay healthy for the moments that matter.

In a recent flu season, the flu vaccine was estimated to be:

- » Up to 54% effective in preventing illness in adults
- » Even better at reducing hospitalizations

Vaccination makes a real difference.

In a recent flu season, flu vaccines helped prevent an estimated:



10 million illnesses



180,000 hospitalizations



12,000 deaths

Yet fewer than half of eligible adults got vaccinated.

Some people are more likely to get seriously ill.

Adults 65 and older carried the heaviest burden in a recent flu season:



57% of flu hospitalizations



71% of flu deaths

The flu can make it harder to manage what you're already working hard to control.

9 out of **10**

people hospitalized with the flu had at least one underlying medical condition.

Examples include:

- » Heart disease
- » Kidney disease
- » Diabetes
- » Weakened immune system
- » Asthma or COPD

If you're 65 or older, a high-dose flu vaccine is recommended.

However, a standard flu vaccine will still protect you if a high dose one is not available.

Your family doctor knows you best.

Talk with them about the flu vaccine that's right for you.

A quick conversation today can protect your whole year.



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familydoctor.org

Source: Centers for Disease Control and Prevention (www.cdc.gov). All numbers are for the 2024–2025 flu season.