



Flu Shots for Older Adults (65+)

Protect yourself against the flu (also known as influenza) by getting a flu shot every year!

Different types of flu viruses infect the nose, throat and lungs and spread through our communities. Flu symptoms can include sore throat, body aches, and fever.

Since flu viruses change, flu shots are updated each year.

Getting a flu shot every year protects you:

- You are less likely to get the flu
- You are less likely to get seriously sick if you do get the flu

Everyone should get a flu shot each year, especially:

- People aged 65 and older
- Nursing home residents
- People with serious health conditions such as heart disease, diabetes, asthma, lung disease or HIV.

Fall is the best time to get your flu shot.

The flu is especially common in the fall and winter. If you did not get your shot in the fall, you can—and should—get one at any time of the year.

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The flu vaccine is free in most cases:

- If you have Medicare, you will not have to pay to get vaccinated.
- Medicaid and private health insurance plans typically cover vaccine costs.
- If you are uninsured, you may be able to get free vaccines.

Vaccines are available at many locations:

- Most drug stores
- Community health centers
- State or local health departments

Find a flu shot location near you:

- Ask your doctor or healthcare provider
- Visit [vaccines.gov](https://www.vaccines.gov)

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The AGS Health in Aging Foundation is dedicated to improving the health, independence, and quality of life of all older people. We aim to empower older adults and caregivers to actively participate in their health care and decision-making.

DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other healthcare provider. Always consult your healthcare provider about your medications, symptoms, and health problems. November 2024

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