

# Influenza & Adults 65+



## Here's why flu vaccination is important for those 65+

- + Adults ages 65 years and older are at increased risk of serious illness if they get sick with the flu.
- + Flu can be even more dangerous for those with chronic conditions such as diabetes, lung disease, or heart disease.
- + By getting vaccinated, you can help protect those around you from getting sick.
- + There are specific flu vaccines for people 65+ to provide extra protection. Ask your doctor to learn more!
- + You can safely get your flu vaccine at the same time you get a COVID-19 vaccine, including a COVID-19 booster shot.

NJ Department of Health: [nj.gov/health/cd/topics/flu.shtml](https://nj.gov/health/cd/topics/flu.shtml)  
CDC: [cdc.gov/flu](https://cdc.gov/flu)

