

Immunization **Fast Facts**



The best-in-class and most effective vaccinations that protect older people against influenza, shingles and pneumonia are inconsistently available and affordable across Canada.

C.A.R.P. is demanding that they all be fully funded and easily accessible for every senior in every corner of our country.

It's what they deserve.

- The older we get, the weaker our immune systems become making keeping up to date with our vaccines critical in staying healthy
- People over 65 are the most likely to be hospitalized for the flu or pneumonia, which often leads to longlasting physical and cognitive effects
- Immunization saves more Canadian lives than any other form of health intervention, while reducing burden on our struggling health care system

Find out more at [CARP.ca/KeepCanadaHealthy](https://www.carp.ca/KeepCanadaHealthy)

The first step in protecting yourself against the Big 3 preventable illnesses is knowing the facts. Use this as a quick reference and share it with your family and friends!

**While you're at it, download your
Adult Immunization Guide at
[CARP.ca/KeepCanadaHealthy](https://carp.ca/KeepCanadaHealthy)**

FLU

- 7 in 10 people over 65 have a medical condition that makes them "high-risk" for severe complications from the seasonal flu
- People 65 years of age and older have the highest hospitalization rate (60%) and the highest likelihood of death (66%) from the seasonal flu
- Experts warn that catching the flu would make you much more vulnerable to COVID-19
- 62% of reported flu outbreaks in 2018-19 were in long-term care facilities, and a further 22% were in other institutional settings (e.g. retirement homes, correctional facilities, etc.)
- The high-dose flu vaccine is proven to be more effective for seniors

SHINGLES

- Shingles can affect anyone who has not had the chickenpox vaccine, including people who had chickenpox as a child
- Shingles causes long lasting pain, insomnia and can impact your central nervous system
- There are about 130,000 cases in Canada every year, with nearly 1 in 3 people developing shingles in their lifetime
- 10% of cases lead to hospitalization
- Research shows the newer vaccine has an effectiveness of over 90%

PNEUMONIA

- Pneumonia increases your risk of death for up to 10 years after infection
- Older adults, especially those with a compromised immune system or living with chronic conditions are at higher risk of contracting pneumonia.
- Adults with common chronic conditions are 3-9 times more likely to be hospitalized.
- 15% of seniors who contract pneumonia don't survive

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