

Preventive tips to keep you healthy... from New London Hospital.

H1N1 Vaccine and Seniors

People age 65 and older may wonder if they should receive the H1N1 vaccine. According to the Advisory Committee on Immunization Practices and the Centers for Disease Control

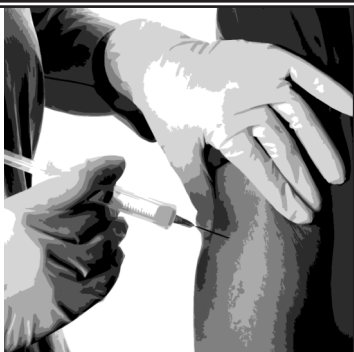
and Prevention, the first doses of 2009 H1N1 vaccine should go to those people who are more likely to get infected with the 2009 H1N1 flu virus: children and young adults 6 months through 24 years old, pregnant women, and adults 25 through 64 years of age who have health conditions associated with higher risk of medical complications from flu.

People age 65 and older are not included because studies show that these people are least likely to get sick with this virus. Even though they do not seem to be at risk for infection or complications from H1N1 flu, seniors should not skip the seasonal flu shot.

Will seniors be able to get the H1N1 vaccine this season?

Seniors can get the H1N1 vaccine as soon as the high risk groups have had the opportunity to be vaccinated. Some communities and providers will offer the 2009 H1N1 vaccine to seniors sooner than others, depending on how quickly they meet the needs of the initial prioritized populations. People 65 and older should receive their seasonal flu vaccine first, and seek medical advice quickly if they develop flu-like symptoms this season. This will determine whether they need medical evaluation and possible antiviral medication.

For more tips to help you stay well, sign up for our e-newsletter, *Discover Health* by sending your email to discover.health@newlondonhospital.org



Source: Centers for Disease Control and Prevention
Note: This is for information purposes only and not intended for use in place of the advice of a healthcare provider.