

Influenza Prevention in Adults 65+

Our immune systems become weaker as we age, which is why adults 65+ are more likely to experience severe influenza (flu) infection.

Severe influenza infection can lead to hospitalization, intensive care unit (ICU) admission, and loss of independence for adults 65+.



Among all age groups in Canada, adults 65+ experienced the highest number of influenza-related hospitalizations during the 2023-2024 influenza season.

Did you know?

73% of adults 65+ have one or more chronic health conditions, such as heart disease or lung disease.

Being 65+ and having one or more chronic health conditions increases the likelihood of contracting and experiencing severe influenza infection.

There are two influenza vaccines that are specifically designed to produce a stronger immune response in adults 65+: the high-dose influenza vaccine and the adjuvanted influenza vaccine.

The high-dose and adjuvanted influenza vaccines provide better protection against influenza for adults 65+ than other influenza vaccines.

New strains of influenza appear every year. Getting your annual influenza vaccine (flu shot) is safe and the most effective way to help prevent infection.

Talk to your doctor, nurse, pharmacist, or local public health office about getting immunized against influenza.



For more information about high-dose and adjuvanted influenza vaccines, please see our factsheet, *Influenza Vaccine Technologies*.



References:

National Advisory Committee on Immunization (NACI). (2025.) Statement on seasonal influenza vaccines for 2025-2026. <https://www.canada.ca/en/public-health/services/publications/vaccines-immunization/national-advisory-committee-immunization-statement-seasonal-influenza-vaccines-2025-2026.html>

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Government of Canada. (2020.) Prevalence of Chronic Diseases and Risk Factors among Canadians aged 65 years and older. <https://www.canada.ca/en/services/health/publications/diseases-conditions/prevalence-chronic-disease-risk-factors-canadians-aged-65-years-old.html>