

Flu vaccination

for older adults

The numbers are for older adults aged 65 and over who either received or did not receive the flu vaccination. They were observed up to one year after vaccination. The ranges show the uncertainty due to existing vaccinations, age and study differences, and varying statistical estimates.

	100 older adults <u>without</u> flu vaccination	100 older adults <u>with</u> flu vaccination
Benefits		
How many suffered from flu-like symptoms?	10	6 (4 – 8)
How many had to be hospitalized due to an adverse cardiovascular event (e.g. stroke, heart attack, chest tightness or death) or pneumonia?		If they have a pre-existing heart condition, flu vaccination could save older people from hospitalization due to adverse cardiovascular events or pneumonia.
Side effects		
How many suffered from arm pain or tenderness as a result of the vaccination?	-	10 (6 – 14)

Short summary: The flu vaccination can protect older people from flu-like symptoms. The effectiveness of the vaccination varies. For older people with pre-existing heart conditions, the flu vaccine may prevent hospitalization due to an adverse cardiovascular event or pneumonia. Temporary vaccine-related tenderness at the injection site and arm pain are typical with flu vaccination.

Sources: Demurtas et al. (2020). Ageing research reviews, 101118.

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<https://www.hardingcenter.de/en/fact-boxes>