

## **Flu & People 65 Years and Older | CDC**

The CDC is strongly recommending that seniors get a high dose flu shot in September or October. This doesn't in anyway provide immunity to the COVID virus, but the flu vaccine will heighten the immune system for seniors and help prevent an outbreak of the flu that would burden hospitals and doctors when they are dealing with outbreaks of COVID.

Please click the link below for more information and direction.

<https://www.cdc.gov/flu/highrisk/65over.htm>