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Subject: Join our Flu + You Thunderclap!

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Help spread the word: It's time to think about a flu shot

Two-time Emmy and Tony award-winning actress Judith Light and the National Council on Aging (NCOA) are teaming up for the second year on the national educational initiative *Flu + You* to educate older adults and those who care for them about the seriousness of influenza ("the flu"), the importance of prevention, and available vaccine options.

NCOA is excited to launch a new **Public Service Announcement** with Judith in support of the campaign. The flu can make existing health conditions worse and is especially dangerous for people with chronic health conditions, like heart disease and diabetes, which often affect older adults. Seniors with these conditions are more likely to develop complications from the flu that can result in hospitalization and even death.

According to the U.S. Centers for Disease Control and Prevention (CDC), the single best way to prevent the flu is to get an annual vaccination, which is recommended for everyone aged six months and older, with rare exception.

We need your help to amplify this important message.

Please join the NCOA to help spread the word about the importance of flu vaccination for those 65 years of age and older. Show your support for our Thunderclap by going to <http://go.ncoa.org/e/48252/-older-adults-and-the-flu-shot/2g6z84/93134225> and selecting your preferred social media channel to join. Thunderclap will send our message across social media platforms on Monday, September 28, so join before then!

On September 28, watch as you help us flood the country with our message.

Here's how to show your support:

1. [Visit our Thunderclap page.](#)
2. Click "Support with Twitter," "Support with Facebook" or "Support with Tumblr" and get the word out to your followers and friends.
3. On Monday, September 28 watch as everyone's messages are shared all at once.
4. To learn more about how to help prevent the flu go to ncoa.org/Flu.

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