

From: National Council on Aging <newsletters@ncoa.org>

To: Kester, Tonykester@aging.sc.gov

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Subject: Flu season is here: 3 ways to share

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Dear Anthony,

Flu season is here ...

We have everything you need to educate adults 65 years of age and older on how they can help maintain their health.

Our updated **Flu + You** resources provide the latest information on the seriousness of influenza, the importance of getting an annual flu vaccination, and the available vaccine options. For individuals who are 65 years of age and older, there is a higher-dose flu vaccine developed specifically to address the age-related weakening of the immune system.

Here are 3 easy ways to share this information:

1. **Order free printed materials** and distribute them in your community. Choose from a brochure, fact sheet, and posters. Select materials are also available in Spanish.
2. **Raise awareness by hosting a workshop** using our presentation and/or by sharing our infographics on social media.
3. **Post Flu + You information right on your website.** We've made it easy with a self-contained information capsule. Click **EMBED** at the bottom of the graphic at ncoa.org/Flu for easy instructions. Once embedded, the content will automatically update throughout flu season. This resource includes videos featuring Judith Light, who tells your members everything they need to know this flu season, and **Flu + You**

3. educational materials (infographics, videos, and fact sheets).

Visit www.ncoa.org/Flu for everything you need to help protect seniors from the flu this season!

Show your support of *Flu + You* by **signing up** to share information on social media. Add your voice to our Thunderclap on Sept. 21.

Questions? Contact us at flu@ncoa.org or 571-527-3914.

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