

LET'S TALK ABOUT VACCINES!

DISCUSSING VACCINATION WITH OLDER ADULTS

December 2023



RECOMMENDED VACCINES*:

Influenza | Pneumococcal | COVID-19 | Herpes zoster (shingles)

ROUTINE BOOSTER VACCINE:

Tetanus, Diphtheria and Pertussis (Tdap)

PHARMACISTS CAN HIGHLIGHT THE FOLLOWING MESSAGES TO OLDER ADULTS:

- The immune system weakens with age, making individuals vulnerable to more frequent and more severe infectious illnesses.¹
- Older adults struggle to recover from illnesses more than younger people do.¹

INFLUENZA VACCINATION

- Influenza is a major cause of lower respiratory infection and hospitalisations in older adults.³
- Nearly one in four older adults hospitalised with influenza experience functional decline.³
- Flu complications can include pneumonia, heart attack or stroke, and worsening of existing diseases like diabetes or heart disease.⁴

OTHER VACCINES

- Pneumonia disproportionately affects individuals older than 65 years and those with underlying medical conditions, who often experience high rates of hospitalisations and mortality.⁵
- Older adults are three times as likely to die from COVID-19 than young adults.⁶
- Albeit it is recommended that all adolescents and adults should receive a Tdap vaccine booster every 10 years after completing the primary vaccination schedule in childhood, older adults are at increased risk of developing complications from pertussis.⁷
- Adults older than 50 years are at an increased risk of developing shingles due to immunosenescence. A common complication of shingles is postherpetic neuralgia, which can produce intense and debilitating pain and loss of quality of life.⁸

* Check nationally or locally applicable vaccination guidelines and recommendations, including age recommendations, and adapt advice accordingly

FOR THESE REASONS, OLDER ADULTS SHOULD GET VACCINATED AGAINST INFLUENZA, PNEUMOCOCCAL DISEASE, COVID-19, TDAP AND HERPES ZOSTER.

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For the bibliography and additional information, check the FIP vaccination microsite:

www.fip.org/letstalkaboutvaccines

