



COMMUNITY  
PHARMACY

## Long-Term Care Updates THE MONTHLY DOSE



# Community Pharmacy

## Community Pharmacy Partners with Facilities Protecting Residents Against Dangerous Consequences from the Flu

It may not feel like fall, but the flu season is right around the corner. While the flu is fairly common, new strains are popping up every year, which is a concern for those most vulnerable – the very young and seniors. As reported in an AARP *Bulletin*, analysis of government data reveals that deaths attributed to the flu among those 65 and older have spiked in recent years. In fact, more than 12,000 people ages 65 and older died from the disease during the 2017-18 flu season.

### Protecting Your Residents this Flu Season

Community Pharmacy has created a culture that values going above and beyond when caring for residents 24/7/365. With the flu season so stressful for senior communities, Community Pharmacy's team will visit assisted living facility partners and administer flu shots. The idea became a reality after listening to healthcare partners discuss the difficulty of transporting residents to outside locations to receive a flu shot, according to Erin North, Director of Customer Service for Community Pharmacy.

"Our goal is to make a difference in the lives of residents we serve by taking our pharmaceutical expertise out to assisted living facilities to administer flu shots, which is one of the best protections against the flu," says Mackenzie Farr, PharmD and COO.

Skilled nursing facilities will have an opportunity to proactively purchase the flu vaccines and have them readily available for residents. Additionally, it's recommended assisted living communities review their flu clinic information packets, and expect to receive marketing materials to educate residents and families of when Community Pharmacy's team will be providing their flu clinic.

When determining which dose is most appropriate for your population, it is important to reiterate that the CDC and its Advisory Committee on Immunization Practices have not expressed a preference for any flu vaccine for people 65 and older. The CDC recommends flu vaccination as the first and most important step in protecting against the flu. The following vaccines will be available:

- **High-Dose Flu Vaccine:** Contains four times the amount of antigen (the part of the vaccine that prompts the body to make antibodies) contained in standard-dose inactivated influenza vaccines. The additional antigen is intended to create a stronger immune response (more antibodies) in the person getting the vaccine. This vaccine is only available for people 65 and older.
- **Quadrivalent:** The quadrivalent flu vaccine is designed to protect against four different flu viruses; two influenza A viruses and two influenza B viruses.

To ensure facilities receive timely flu vaccine orders, meet the August 31 deadline.

For more information or if you have questions, please reach out to **Tonya Riley** at 402-289-0431 x 137 or [triley@cpharmrx.com](mailto:triley@cpharmrx.com).



### Annual Vaccine is the Best Way to Protect Seniors Against the Flu

More than **12,000** ages 65 and older died from the disease during the 2017-18 flu season.<sup>2</sup>

Seniors are vulnerable to flu because their immune systems are weaker due to age and made worse by chronic illness.

**70 – 85%** of flu-related deaths and of **54 – 70%** flu-related hospitalizations happen in people who are age 65 and older.<sup>1</sup>

People 65 and older account for between about **50%** and **70%** of the flu-related hospitalizations.<sup>3</sup>

1. DailyCaring  
2. AARP  
3. CDC

### Signs & Symptoms of the Flu

The flu is different from a cold. Cold symptoms are usually milder than flu, and people with colds are more likely to have a runny or stuffy nose than people with the flu. The flu often comes on suddenly and the symptoms are more severe. According to the CDC, common symptoms of the flu include:

- Fever or chills (older adults may not have a fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Fatigue
- Vomiting and diarrhea