

Who is at high risk of flu complications?

INFLUENZA (flu) is a serious disease of the lungs. It can make you sick for a week or longer with coughing, fever, aching, and more. And it can lead to pneumonia. Almost everyone will benefit from flu vaccine, but some people have a greater need.

You could be one of them.

Many people are in danger of being hospitalized or even dying:

People who are 65 years old or older

Even if you are active and in excellent health, you have a higher risk of flu complications if you get the flu. Each year over 36,000 people in the U.S. die because of the flu—most are 65 or older.

People with chronic (on-going) or long-term health problems

You may look and feel healthy, but if you have a condition like diabetes, heart disease, kidney disease, or asthma, you are more likely to have complications from the flu. If your immune system is weakened by long-term problems like cancer or HIV/AIDS, you are also in need of protection.

Women who are at least 3 months pregnant during flu season

You are more likely to have complications from the flu when you are pregnant. Protect yourself *and* your baby by getting vaccinated. (Flu season is typically November through March.)

Infants aged 6 months to 23 months

Children under 2 years old have one of the highest rates of hospitalizations due to flu complications.

If you live with or take care of people like these, you also should get a flu vaccine. When you protect yourself, you help protect your family and friends.

PHILOMENA • AGE 72
ACTIVE SENIOR



CURTIS • Age 51
ON
CHEMOTHERAPY



ELLEN
AGE 28
EXPECTANT
MOTHER



NICOLE • AGE 6 MONTHS
GEORGIA • AGE 67 • HAS DIABETES



ROLAND • AGE 45
HAS
HEART DISEASE



RITA • AGE 15
HAS ASTHMA



MICHAEL
AGE 11 MONTHS
TAKING HIS FIRST STEPS



Department of Health
and Human Services
Centers for Disease Control
and Prevention



For More Information: Ask Your Doctor or Call the CDC Immunization Hotline

ENGLISH: **1-800-232-2522**

ESPAÑOL: **1-800-232-0233**

WEBSITE: **www.cdc.gov/nip/flu**