



## Who should get the flu vaccine this season?

Everyone six-months of age and older should get a flu vaccine every season to expand protection against influenza. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications:

- ✓ Children younger than 5, but especially children younger than 2-years old
- ✓ Adults 65 years of age and older
- ✓ Pregnant women and women up to two-weeks postpartum
- ✓ Residents of nursing homes and other long-term care facilities
- ✓ American Indians and Alaska Natives seem to be at a higher risk of flu complications
- ✓ People who have medical conditions including:
  - Asthma
  - Neurological and neurodevelopmental conditions (including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy [seizure disorders], stroke, intellectual disability, moderate to severe developmental delay, muscular dystrophy, or spinal cord injury)
  - Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
  - Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
  - Blood disorders (such as sickle cell disease)
  - Endocrine disorders (such as diabetes)
  - Kidney disorders
  - Liver disorders
  - Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
  - Weakened immune system due to disease or medication, such as people with HIV or AIDS, or cancer, or those on chronic steroids
  - People younger than 19 years of age who are receiving long-term aspirin therapy
  - People with extreme obesity - body mass index (BMI) of 40 or more.

**NOTE:** There is no recommendation for pregnant women or people with pre-existing medical conditions to get special permission or written consent from their doctor or health care professional for influenza vaccination if they get vaccinated at a worksite clinic, pharmacy or other location outside of their physician's office.

This recommendation has been in place since February 24, 2010 when the Centers for Disease Control's Advisory Committee on Immunization Practices (ACIP) voted for "universal" flu vaccination in the United States.

Go to the Centers for Disease Control's website for more information:

<https://www.cdc.gov/flu/about/index.html>