

Name: _____

You are at Higher Risk for Serious Flu Complications

(This means if you get the flu, you are more likely to be seriously ill) **because you have ...**

- Asthma
- Diabetes
- Heart disease
- Other chronic medical condition(s)
- Or are 65 years or older

As your health care provider, I recommend that you:

- Get a flu vaccine every year, ideally by the end of October. While almost everyone 6 months and older should get an annual flu vaccine, it's especially important for people at higher risk of serious flu complications. Most patients at higher risk patients are recommended to receive the flu shot, not the nasal spray flu vaccine.
- Ask family members and caregivers to get a flu vaccine to protect you.
- For adults 65 years and older, there are three flu vaccines that are preferentially recommended: Flu-zone High-Dose Quadrivalent, Flublok Quadrivalent, or Fluad Quadrivalent vaccine. These vaccines are preferred for people 65 years and older because a review of existing studies suggested that, in this age group, these vaccines are potentially more effective than standard dose, unadjuvanted flu vaccines.

Find information about the different flu vaccines and who they are approved for at

<https://www.cdc.gov/mmwr/volumes/71/rr/rr7101a1.htm>.

Flu vaccines are offered in many locations. Even if you don't have a regular doctor or nurse, you can get your flu vaccine at a health department, pharmacy, urgent care clinic, and maybe your school, college health center, or work.

- There are some people who should not get a flu vaccine, for instance, people who have had a severe reaction to a flu vaccine or any of its components in the past. For more information about who should and who should not get vaccinated, visit
<https://www.cdc.gov/flu/prevent/whoshouldvax.htm>.



Doctor's signature or office stamp

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