Mr. Mrs. Ms._____,

you are at high risk for 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 doctor, I recommend that you:

- Get a flu vaccine every year, as soon as vaccine is available. While everyone 6 months of age and older should get an annual flu vaccine, it's especially important for people at high risk of serious flu complications. High risk patients are recommended to receive the flu shot, not the nasal spray flu vaccine.
- Ask family and caregivers to get a flu vaccine to protect you.
- If you're 65 years or older, you should get either a regular flu shot or a high-dose flu shot designed for your age group. You should not get the new intradermal shot or nasal spray flu vaccine.

Find information about the different flu vaccines and who they are approved for at http://www.cdc.gov/flu/protect/keyfacts.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 http://www. cdc.gov/flu/protect/whoshouldvax.htm.

Doctor's signature or office stamp

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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