Who is at high risk of flu complications?

INFLUENZA (flu) is a serious disease of the nose, throat, and lungs. It can make you sick for a week or longer with coughing, fever, aching, and more. And it can lead to pneumonia.

Get your flu shot.

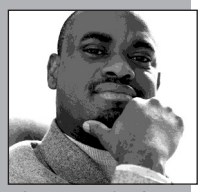
People who are 65 years old or older. Even if you are active and in excellent health, you have a higher risk of complications if you get the flu. Each year about 36,000 people in the U.S. die because of the flu—most are 65 or older.

People with chronic (ongoing) 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 need a flu shot (the flu shot is safe for people with weak immune systems).

Women who are pregnant during flu season (typically November through March). Pregnant women are at risk of complications and hospitalization if they get the flu. The influenza vaccine is safe for pregnant women and their babies. Protect yourself and your baby by getting vaccinated.

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

PHILOMENA • **AGE 72**
ACTIVE SENIOR



ROLAND • AGE 45
HAS **HEART DISEASE**

RITA • AGE 15
HAS **ASTHMA**

ELLEN
AGE 29
EXPECTANT MOTHER

MICHAEL
AGE **11 MONTHS**

If you live with or take care of people like these, you should get vaccinated too. When you protect yourself, you help protect your family and friends.

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

Protect yourself. Protect your loved ones.
Get Your Flu Vaccine!

For more information, ask your healthcare provider or call **800-CDC-INFO** (**800-232-4636**)
Website **www.cdc.gov/flu**