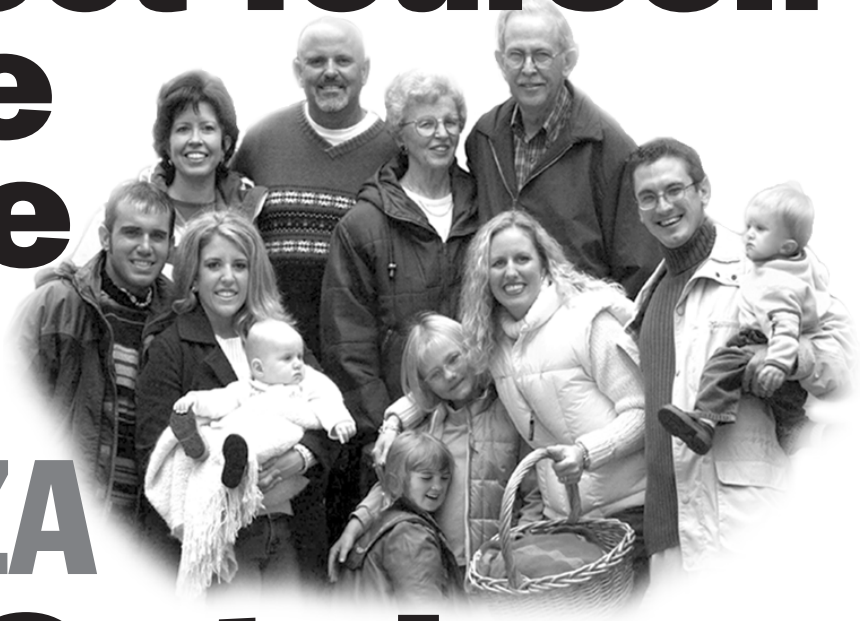
# To Protect Yourself & Those You Love



## get immunized against

# INFLUENZA

BEST TIME!

# October & November

**But you can still get vaccinated in December and beyond**

### The "GET-IMMUNIZED-EARLY" List:

- **Adults aged 50 or over—*Even if you're in great health!***
- **Infants aged 6 months to 23 months**
  Children younger than 2 years old have one of the highest rates of hospitalizations due to influenza
- **Anyone with a chronic health condition**
  These include: heart disease, diabetes, kidney disease, asthma, cancer, HIV/AIDS
- **Children 6 months to 8 years old getting flu vaccine for the first time**
  These children will need a follow-up booster one month after the first dose of vaccine
- **Women who will be more than 3 months pregnant during flu season**, which is typically November–March
- **Health care workers**
- **Household contacts or caregivers of adults or children at high risk***

  **high risk includes **adults 65 and older**, **infants under 24 months** (babies less than 6 months can get influenza but are too young to get flu vaccine), **anyone with chronic health problems**, and **pregnant women***

*Get Your Flu Vaccine!*

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 800-232-2522 Español 800-232-0233 Website www.cdc.gov/nip/flu**