

# Who is at high risk of flu complications?

**INFLUENZA** (flu) is a serious disease of the lungs. It can make you sick for a week or longer with coughing, fever, aching, and more. And it can lead to pneumonia. Almost everyone will benefit from flu vaccine, but some people have a greater need.

*You could be one of them.*

**Many people are in danger of being hospitalized or even dying:**

**People who are 65 years old or older**

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

**People with chronic (on-going) 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 are also in need of protection.

**Women who are at least 3 months pregnant during flu season**

You are more likely to have complications from the flu when you are pregnant. Protect yourself *and* your baby by getting vaccinated. (*Flu season is typically November through March.*)

**Infants aged 6 months to 23 months**

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

If you live with or take care of people like these, you also should get a flu vaccine. When you protect yourself, you help protect your family and friends.

PHILOMENA • AGE 72  
ACTIVE SENIOR



CURTIS • Age 51  
ON  
CHEMOTHERAPY



ELLEN  
AGE 28  
EXPECTANT  
MOTHER



NICOLE • AGE 6 MONTHS  
GEORGIA • AGE 67 • HAS DIABETES



RITA • AGE 15  
HAS ASTHMA



ROLAND • AGE 45  
HAS  
HEART DISEASE



MICHAEL  
AGE 11 MONTHS  
TAKING HIS FIRST STEPS



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: **1-800-232-2522**

ESPAÑOL: **1-800-232-0233**

WEBSITE: **www.cdc.gov/nip/flu**