

Who is at high risk of flu complications?

People who are 50 years old or older. Even if you are active and in good 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.

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).

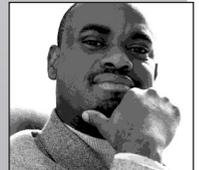
Women who are pregnant during flu season (typically November through March). Pregnant women are at risk of complications and hospitalization if they get the flu. The influenza vaccine is safe for pregnant women and their babies. Protect yourself and your baby by getting vaccinated.

Children under 5 years old. Children under 5 years old have a high risk of emergency room visits and hospitalizations due to flu.

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.

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.