



Fact Sheet

Who Should Get Flu Vaccine This Season

Because there is not enough flu vaccine for everyone who may want to get it this year, CDC has said that certain people should have priority getting a flu shot this season.

Who should get a flu shot?

The flu shot should be given to protect people who are most likely to have serious health problems if they get the flu.

These people should get the flu shot:

- Children ages 6 months to 23 months.
- People who are 65 years of age and older.
- People 2 years old or older who have an underlying, long-term illness (heart or lung disease, metabolic disease [like diabetes], kidney disease, a blood disorder, or a weakened immune system (including people with HIV/AIDS)).
- Women who will be pregnant this season.
- People who live in nursing homes or other chronic-care places.
- People who are 6 months to 18 years of age, and take aspirin daily.
- Health-care workers who take care of patients.
- People who have or take care of a baby under 6 months old. (Do **not** give a flu shot to babies under 6 months.)

Who should not get a flu shot?

Babies under 6 months old **should not** get a flu shot.

Healthy people 2 to 64 years old should wait to get a flu shot or skip getting a shot this season.

What about the nasal-spray vaccine, sold as FluMist®?

FluMist® is a vaccine that you spray in your nose instead of getting as a shot. Healthy people, ages 5 to 49 years old, can get Flumist® this season. This is a good option for people in this age group who have or care for babies under 6 months of age or for health-care workers who take care of sick patients. Do **not** use FluMist® if you are pregnant or if you care for or live with someone whose immune system is very weak and that person has to be kept away from all germs.



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What can you do to help stop the spread of flu?

These are good health habits you should use to protect yourself and others.

- Cover your nose and mouth with a tissue when you cough or sneeze – throw the tissue away after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.
- Stay away as much as you can from people who are sick.
- If you get the flu, stay home from work or school. If you are sick, do not go near other people so that you don't make them sick too.
- Try not to touch your eyes, nose, or mouth. **Germs** often spread this way.

What if you are someone who should get a flu shot and your clinic or doctor does not have vaccine?

Contact the health department or ask your doctor or someone at your clinic where you can get a flu shot.

Some public clinics that have flu shots may be posted at www.lungusa.org

For more information, visit www.cdc.gov/flu, or call the CDC Flu Information Line at (800) CDC-INFO.

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