



Protect Yourself and the Ones You Love



Who Should Get the Seasonal Flu Vaccine?

Anyone who wants to reduce the risk of becoming ill with influenza or transmitting influenza to others. Flu vaccine is the best way to prevent infection. However, some individuals are more likely to get flu complications that result in being hospitalized and occasionally result in death.

- People at high risk for developing flu-related complications: Children younger than 5, but especially children younger than 2 years of age.
- Adults 65 years of age and older, especially all residents of nursing homes or other long-term care facilities.
- All women who will be pregnant during the influenza season.
- Women who are postpartum are also at risk for influenza complications and should be vaccinated.

People who have medical conditions, including:

- A chronic disease of the blood, liver, kidneys, heart, or lungs.
- A weakened immune system due to disease or medication (such as people with HIV or AIDS, cancer, or those on steroids).
- People who are morbidly obese (Body Mass Index, or BMI, of 40 or greater).
- Certain muscle or nerve disorders.

FOR MORE INFORMATION, CALL 850-245-4342 OR VISIT WWW.IMMUNIZEFLORIDA.ORG.