

Which people are at high risk of complications from the flu ?

1. John
68 years old
Financial Consultant
Avid Walker

2. Shannon
25 years old
Expectant Mother
Soccer Mom

3. Bob
45 years old
Carpenter
Heart Disease

4. Maria
7 years old
Plays Piano
Diabetic

5. Deloris
97 years old
Great-grandmother
Knits

6. Duane
19 years old
College Football Player
Asthmatic

Answer: All of the above

Surprised?

It's not just the frail and elderly who are in danger of being hospitalized or dying from the flu. It's many more. And it could be you.

The flu is more than the sniffles. It's coughing. It's fever. It's aching. And it can lead to pneumonia. You should get a flu shot *as soon as possible* if you

- are 65 years old or older
- will be at least 3 months pregnant during flu season (November - April)
- have a health problem such as heart disease, kidney disease, diabetes, asthma, or other lung disease
- suffer from a long-term illness that keeps you from fighting infections, such as cancer or HIV/AIDS.

If you live with or take care of any people like those above, you also should get a flu shot. When you get a flu shot, you're also protecting your family and friends.

Take action!

Remind your health care provider to give you the shot.
Don't wait to be told you need the protection.



For more information, call the
CDC Immunization Hot Line
English: 1-800-232-2522
Español: 1-800-232-0233