

# Flu Vaccine

Who Should Get Vaccinated?

The Centers for Disease Control and Prevention (CDC) recommends flu vaccination for people who are at high risk for serious complications from the flu and people who could spread the flu to these populations.

This fall, the CDC is recommending **2009 H1N1 vaccine** for:

- Pregnant women.
- Parents and caregivers of children under 6 months old (who are too young to be vaccinated).
- Health care and emergency medical services personnel.
- All children and young adults age 6 months through 24 years.
- Adults age 25 through 64 with chronic health conditions—such as asthma, diabetes, heart disease and compromised immune systems—that put them at higher risk of medical complications from influenza.

This fall, the CDC is recommending **seasonal flu vaccine** for:

- All children age 6 months through 18 years.
- Pregnant women.
- Adults age 50 or older.
- Adults and children (6 months or older) with chronic illnesses (such as asthma, diabetes, or heart disease).
- Residents of nursing homes and long-term care facilities.
- Health care workers, caregivers, and first responders who could give the flu to people at high risk for severe illness.
- Parents and caregivers of children under 6 months old (who are too young to be vaccinated).
- Anyone who wants to prevent the flu.

**CAMBRIDGE PUBLIC HEALTH DEPARTMENT**



Cambridge Health Alliance

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