

Influenza Vaccine: Who Should Get It, and Who Should Not

FIGHT FLU



Everyone 6 months and older is recommended for annual influenza vaccination, with rare exceptions. **For the 2018-19 flu season, ACIP recommends annual influenza vaccination for everyone 6 months and older with any licensed, appropriate influenza vaccine (IIV, RIV4, or LAIV4) with no preference expressed for any one vaccine over another. Some vaccines are not recommended in some situations and health conditions, and some people should not receive influenza vaccines at all (though this is uncommon).**

Different flu shots are approved for people of different ages. Everyone should get a vaccine that is appropriate for their age.

The Influenza (Flu) Shot

People who can get the flu shot

- There are inactivated influenza vaccines that are approved for people as young as 6 months of age.
- Some vaccines are only approved for adults. For example, the recombinant influenza vaccine is for people aged 18 years and older, and the adjuvanted and high-dose inactivated vaccines are for people aged 65 years and older.
- Flu shots are recommended for pregnant women and people with chronic health conditions.

People who SHOULD NOT get the flu shot

- Children younger than 6 months of age are too young to get a flu shot.
- People with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine. This might include gelatin, antibiotics, or other ingredients. See special considerations regarding egg allergy for more information about egg allergies and flu vaccine.

People who should talk to their doctor before getting the flu shot:

If you have one of the following conditions, talk with your healthcare provider. He or she can help decide whether vaccination is right for you, and select the best vaccine for your situation:

- If you have an allergy to eggs or any of the ingredients in the vaccine. Talk to your doctor about your allergy. See special considerations regarding egg allergy at the bottom of this document for more information about egg allergies and flu vaccine.
- If you ever had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS). Some people with a history of GBS should not get this vaccine. Talk to your doctor about your GBS history.
- If you are not feeling well, talk to your doctor about your symptoms.

For more information, visit:
www.cdc.gov/flu or www.flu.gov
or call **1-800-CDC-INFO**



**U.S. Department of
Health and Human Services**
Centers for Disease
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