

Who should get a flu shot? CDC Recommendations

The Center for Disease Control recommends flu shots for the following:

All children from 6 months up to 5 years of age

Anyone 50 years of age or older

Anyone 6 months up to 18 years of age on long-term aspirin treatment

Pregnant women

Anyone with long-term health problems, a weakened immune system or with certain muscle or nerve disorders

Residents of nursing homes and other chronic-care facilities

Health-care personnel who provide direct patient care

Household contacts and caregivers of children from birth up to 5 years of age

Household contacts and caregivers of people 50 years and older and persons in high-risk groups

Individuals with any special medical conditions or concerns should talk with their doctor before getting a flu shot.