



Protect Your High-Risk Patients Against Flu

During 2018-19, an estimated [80,000](#) Americans died from flu or flu-related complications, many of whom had health conditions that increased their risk of complications. Immunize your high-risk patients and those living with chronic conditions every year to help protect them from severe influenza.

Who's Most at-Risk

- All children aged 6 through 59 months;
- All persons aged ≥ 50 years;
- Adults and children who have chronic pulmonary (including asthma), cardiovascular (excluding isolated hypertension), renal, hepatic, neurologic, hematologic, or metabolic disorders (including diabetes mellitus);
- Persons who are immunocompromised due to any cause;
- Women who are or will be pregnant during the influenza season;
- Residents of nursing homes and other long-term care facilities;
- American Indians/Alaska Natives;
- Persons who are extremely obese (body mass index ≥ 40); and
- Children and adolescents (aged 6 months through 18 years) who are receiving aspirin- or salicylate-containing medications and who might be at risk for experiencing Reye syndrome after influenza virus infection.

For influenza resources for those with high-risk conditions, see the National Infection Disease Foundation's [Flu & Chronic Health Conditions Toolkit](#) for patients with chronic health conditions. The toolkit includes: a webinar and journal article (offering CME for physicians and pharmacists), infographics, sample social media posts, and fact sheets on the dangers of flu for people with [diabetes](#), [heart disease](#), and [lung disease](#).

Make it personal

Watch [Jim's Story](#) and share with patients and clinic colleagues.



Jim lived well with chronic lung disease until he caught the flu. Now, well over a year later, Jim suffers from impaired breathing brought on by the flu. Find more flu stories at www.shotbyshot.org.

Download High-Risk Flu Educational Materials - Share them with Staff and Patients

Children

- [Protect them From Flu \(high risk children- Bilingual\)](#)
- [Flu: A Guide for Parents of Children or Adolescents with Chronic Health Conditions \(CDC\)](#)
- [My Little Girl has Diabetes flu poster \(CDC\)](#)
- [My Child has Asthma \(CDC\)](#)

Adults

- [My Doctor Said Get a Flu Shot \(Diabetes\) \(CDC\)](#)
- [Fight Back! \(Flu Vaccination for Asthma\) \(CDC\)](#)
- [Expecting? Protect Yourself and Your Baby Against Flu and Whooping Cough flyer | Spanish](#)
- [Are You at Risk Flu Card \(CDC\)](#)
- [You Are at High Risk for Flu Complications \(CDC\)](#)

Thank you for saving lives by protecting vulnerable patients against influenza!