Are You at Risk for Serious Flu-Related Complications?

Influenza (flu) is not just a common cold. Anyone can get sick with flu, but certain people are at higher risk of developing serious flu-related complications, including:

- Infants and children age 5 years and younger
- Adults age 65 and older
- Pregnant women (and women up to 2 weeks postpartum)
- People with certain chronic health conditions
- Certain racial and ethnic groups

Annual flu vaccination is recommended for everyone age 6 months and older to help reduce the risk of flu-related complications.

For more information, visit www.nfid.org/flu

People with Certain Chronic Health Conditions

- **Heart disease:**
  Heart disease patients are 6 times more likely to have a heart attack within 7 days of influenza infection

- **Lung disease (including asthma and/or COPD):**
  Flu can increase inflammation in the lungs and airways, which can trigger asthma attacks and make COPD symptoms worse

- **Diabetes:**
  Diabetes can interfere with the body’s ability to fight flu, and flu infection can interfere with management of blood sugar levels

- **Obesity:**
  Individuals with a body mass index (BMI) of 40+ have a higher rate of serious flu-related complications, including hospitalization

- **Compromised immune system:**
  People who have weakened immune systems, including current and former cancer patients and those living with HIV/AIDS, are at higher risk of developing serious flu-related complications, including hospitalization and death