A flu shot is recommended if you:

- Are 6 months of age or older
- Work or live in a long-term care facility
- Are a woman who will be pregnant during flu season
- Are a healthcare professional
- Have a chronic health problem such as asthma, heart disease, emphysema or diabetes
- Live in a household with someone who has a medical condition that puts them at high risk for severe complications from the flu (such as someone with a chronic health problem, HIV or cancer)
- Are American Indian/Alaska Native
- Are morbidly obese (body-mass index >40)
- Want to reduce the risk of becoming ill with flu or transmitting flu to others

You cannot receive a flu shot if you:

- Are under 6 months of age
- Have a fever of 101.5°F or more

See your doctor if one of the conditions below applies to you:

- Are allergic to Benadryl™ or Epinephrine
- Have an allergy to eggs/egg products
- Had a reaction to a prior flu vaccine
- Have been diagnosed with Guillain-Barre Syndrome in the past