Flu, Shingles, Pneumonia
Who Should Be Vaccinated

The Centers for Disease Control and Prevention recommends that the following people receive the flu, pneumonia and shingles vaccinations.

**Flu**

*All people 6 months of age and older* should get the flu vaccine. Getting a flu shot is especially important for people at higher risk of getting a severe flu, and those close to them. This includes people who work in health care and those who are around children younger than 6 months.

Unless your doctor advises, you should **not** get a flu shot if you:
- have any life-threatening allergies, including a severe allergy to eggs
- have ever had a severe allergic reaction to a flu shot
- have had Guillain-Barré syndrome
- are moderately or severely ill – talk to your doctor about whether you should reschedule

**Shingles**

The shingles vaccine is recommended for people age 60 and older, except those who:

- have had a life-threatening allergic reaction to gelatin, the antibiotic neomycin or any other component of the shingles vaccine
- have a weakened immune system because of:
  - AIDS or another disease that affects the immune system
  - drug treatment, such as prolonged use of high-dose steroids
  - cancer treatment, such as radiation or chemotherapy
  - cancer affecting the bone marrow or lymphatic system, such as leukemia or lymphoma
- are women who are or might be pregnant
- have a moderate or severe acute illness – talk to your doctor about whether you should reschedule

**Pneumonia**

The pneumonia vaccine PPSV (pneumococcal polysaccharide vaccine) is recommended for people who are:

- age 65 or older
- age 2 through 64 and have a long-term health problem, such as:
  - heart disease
  - lung disease
  - sickle cell disease
  - diabetes
  - alcoholism
  - cirrhosis
  - leaks of cerebrospinal fluid or a cochlear implant
• age 2 through 64 and have a disease or condition that lowers the body’s resistance to infection, such as:
  • Hodgkin’s disease
  • lymphoma or leukemia
  • kidney failure
  • multiple myeloma
  • nephrotic syndrome
  • HIV infection or AIDS
  • a damaged spleen, or no spleen
  • an organ transplant

• age 2 through 64 and are taking a drug or having a treatment that lowers the body’s resistance to infection, such as:
  • long-term steroids
  • certain cancer drugs
  • radiation therapy

• age 19 through 64 and:
  • are a smoker
  • have asthma

Unless a doctor advises, the following people should not receive a PPSV shot:

• anyone who has had a life-threatening allergic reaction to the PPSV vaccine

• anyone who has a severe allergy to any component of a vaccine – tell your provider if you have any severe Allergies

• anyone who is moderately or severely ill when the shot is scheduled may be asked to wait until they recover before getting the vaccine – someone with a mild illness can usually be vaccinated

• although there is no evidence that PPSV is harmful to either a pregnant woman or to the fetus, as a precaution, it is recommended that women with conditions that put them at risk for pneumonia be vaccinated before becoming pregnant, if possible