

Am I at High Risk for Complications From the Flu?

When it comes to influenza (the flu), it is very important to know your risk status. Some people have health conditions that put them at higher risk of serious illness if they get the flu.

Groups at high risk for complications from the flu:

The CDC identifies the high-risk groups for flu to be:

- Children less than 5 years old (especially under 2);
- Persons aged 65 years or older;
- Persons less than 19 years of age who are receiving long-term aspirin therapy ;
- Pregnant women;
- Adults and children who have **chronic diseases** of
 - the lung (including asthma),
 - heart (except high blood pressure),
 - liver,
 - kidneys,
 - blood (including sickle-cell disease and chronic anemia),
 - nervous system;
 - neuromuscular disorders , or
 - metabolic disorders (including diabetes);
- Adults and children who have a suppressed immune system (including immune suppression caused by medications or by HIV);
- Residents of nursing homes and other chronic care facilities.

Persons who fall into these high-risk groups, or are caregivers or close contacts of high-risk persons, should consider getting immunized to prevent the flu. If they are exposed to, or develop, an influenza-like illness, they should contact their healthcare provider for advice on treatment.