

# High Risk Groups Should Prioritize to Immunize

*[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC - safer, healthier people.*

Have you gotten your flu vaccination this year? If not - it's that time!

People with chronic conditions, such as asthma, diabetes, cancer, HIV/AIDS, and heart or kidney disease are all at high risk of having serious complications from the flu, including pneumonia, ear and sinus infections, dehydration, or even death.

Influenza is a serious disease that causes more than 200,000 hospital visits a year. However, catching and spreading the flu can be prevented by simply getting yourself and those around you vaccinated. Anyone who wants to reduce their chances of getting the flu can get vaccinated. But getting a vaccine is very important for people at high risk of serious flu complications.

The flu vaccine protects against the three main flu strains that research indicates will cause the most illness during the flu season. Getting vaccinated can protect you from getting sick from these three viruses, or it can make your illness milder if you catch a different flu virus. Yearly flu vaccination begins in September and goes throughout the winter months of January, February, and beyond.

The CDC also recommends that people who live with or care for those with chronic conditions get a yearly flu vaccination, in order to protect their high-risk contact. People with a severe allergy to chicken eggs should talk to their doctor before getting a flu vaccine.

The flu vaccine can save lives. So make an appointment with your doctor or stop by one of the many locations offering vaccinations this season.

Thank you for listening, and check in again soon for a new "Flu Stop with CDC."

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.*