

Who Should Get Vaccinated?

In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. However, certain people should get vaccinated each year either because they are at high risk of having serious flu-related complications or because they live with or care for high risk persons. During flu seasons when vaccine supplies are limited or delayed, ACIP makes recommendations regarding [priority groups for vaccination](#).

People who should get vaccinated each year are:

- 1. People at high risk for complications from the flu, including:**
 - Children aged 6 months through 18 years
 - Pregnant women
 - People 50 years of age and older
 - People of any age with certain chronic medical conditions
 - People who live in nursing homes and other long term care facilities
- 2. People who live with or care for those at high risk for complications from flu, including:**
 - Health care workers
 - Household contacts of persons at high risk for complications from the flu (see above)
 - Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)
- 3. Anyone who wants to decrease their risk of influenza.**

In addition to getting a seasonal flu shot, good health habits will help you stay well. These simple actions can stop the spread of germs and help protect you and others from getting sick:

- Wash your hands frequently during the flu season.
- Avoid touching your eyes, nose or mouth.
- Avoid contact with people who are sick.
- Cover your mouth with your upper sleeve or with a tissue when coughing or sneezing.
- Don't share eating utensils, cups, and straws.
- Stay home when you are sick.

Pneumonia vaccinations

Pneumonia vaccinations are available for a cost of \$30. Pneumonia vaccinations are recommended for individuals age 65 and older and for some high risk groups. Complete information on pneumonia vaccine is available in the Vaccine Information Statement (VIS) found at:

<http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-ppv.pdf>

Children under age 2 receive pneumonia vaccination as a routine immunization.

Pneumonia vaccinations are recommended for the following groups:

- All adults 65 years of age and older.
- Anyone 2 through 64 years of age who has a long-term health problem such as: heart disease, lung disease, sickle cell disease, diabetes, alcoholism, cirrhosis, leaks of cerebrospinal fluid or cochlear implant
- Anyone 2 through 64 years of age who has 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; damaged spleen, or no spleen; organ transplant.
- Anyone 2 through 64 years of age who is taking a drug or treatment that lowers the body's resistance to infection, such as: long-term steroids, certain cancer drugs, radiation therapy
- Any adult 19 through 64 years of age who is a smoker or has asthma

For more information, call the Coconino County Public Health Services District Flu

Information Line at (928) 679-7300 or toll-free at 1(877) 679-7272.