

Dear  Mr.  Mrs.  Ms. \_\_\_\_\_,

## ***You are at high risk for flu complications.***

**If you get the flu, you are more likely to be seriously ill because of one of these:**

- Diabetes
- Heart disease
- Other chronic medical condition(s)
- Age 65 years or older

**As your doctor, I recommend that you:**

- Get a flu vaccine each year, as soon as it is available.
  - If at high risk of complications due to a medical condition: Get the shot, not the nasal spray vaccine.
  - If 65 or older: Get a regular shot or a high-dose shot designed for your age group--not the new intradermal shot or nasal spray vaccine.
- Ask family and caregivers to get a flu vaccine for your protection.

**The flu vaccine is offered many places.**

This isn't the only place you can get the vaccine. It may also be available at one of these:

- Pharmacy
- State or local health department
- Urgent care clinic
- School or college health center
- Your workplace

**Learn more about different flu vaccines and who they are approved for at**  
[cdc.gov/flu/protect/keyfacts](http://cdc.gov/flu/protect/keyfacts)

Some people should not get the vaccine, such as those who have had a severe reaction to a flu vaccine or any of its components in the past.

**To learn more about who should and should not get vaccinated, visit**  
[cdc.gov/flu/protect/whoshouldvax](http://cdc.gov/flu/protect/whoshouldvax)

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Doctor's signature or office stamp



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention