

What Type Of Influenza Vaccine Is Best For You?

	Flu Mist or Flu Shot	Flu Shot Only	No Flu Vaccine
I am a healthy non-pregnant adult 49 or younger	X		
I am the parent of a healthy infant and/or child	X		
I am breastfeeding	X		
I live with or care for an elderly person	X		
I live with or care for a pregnant woman	X		
I live with or care for a person who has some suppressed immunity and/or is at risk for complications from the flu*	X		
I am 50 or older		X	
I am at risk for complications from the flu*		X	
I am pregnant		X	
I care for people with a severely weakened immune system**		X	
I had Guillain-Barre Syndrome			X
I have a severe or allergic reaction to the flu vaccine			X
I have a severe allergy to chicken eggs			X
I am currently ill with a fever (you may be vaccinated after you recover)			X

* HIV, steroid treatment, chemotherapy, diabetes, asthma, pregnancy, chronic lung disease, blood disease, kidney disease, liver disease, heart disease, seizures, cerebral palsy, neuromuscular disease/developmental delay

** Patients who require care in a protective environment (3JCP, 7RCS, NICU, 7RCW, Radiation oncology)