

Flu Vaccination: Who Should Do It, Who Should Not

Everyone 6 months and older is recommended for annual flu vaccination with rare exception. Talk to your doctor or other health care professional if you have any questions regarding which flu vaccine options are best for you and your family.

Vaccination to prevent flu is particularly important for people who are at high risk for serious complications from flu. For a complete list of people who are at higher risk for flu complications, see [People at High Risk of Developing Flu-Related Complications](#).



The Flu Shot

People who can get the flu shot:

Different flu shots are approved for people of different ages.* There are flu shots that are approved for use in people as young as 6 months of age and up. Flu shots are approved for use in pregnant women and people with chronic health conditions.

People who can't get the flu shot:

- Children younger than 6 months are too young to get a flu shot.
- People with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine. This might include gelatin, antibiotics, or other ingredients. See [Special Considerations Regarding Egg Allergy](#) for more information about egg allergies and flu vaccine.

* Some flu shots have different age indications. For example people younger than 65 years of age should not get the [high-dose flu shot](#), and people who are younger than 18 years or older than 64 years should not get the [intradermal flu shot](#).

For more information, visit www.cdc.gov/flu or call [800-CDC-INFO](tel:800-CDC-INFO).

The Nasal Spray Flu Vaccine

People who can get the nasal spray vaccine:

The nasal spray vaccine is approved for use in people 2 years through 49 years of age.

People who can't get the nasal spray vaccine:

- Children younger than 2 years
- Adults 50 years and older
- People with a history of severe allergic reaction to any component of the vaccine or to a previous dose of any influenza vaccine
- [People who are allergic to eggs](#)
- Children or adolescents (2 years through 17 years of age) on long-term aspirin treatment.
- Pregnant women
- People with weakened immune systems (immunosuppression)
- Children 2 years through 4 years who have asthma or who have had a history of wheezing in the past 12 months.
- People who have taken [influenza antiviral drugs](#) within the previous 48 hours.
- People who care for severely immunocompromised persons who require a protective environment (or otherwise avoid contact with those persons for 7 days after getting the nasal spray vaccine).