

# Who Should Get a Flu Shot?

## If you have....

- Asthma.
- COPD – chronic lung disease.
- Heart diseases.
- Kidney disorders.
- Liver disorders.
- Metabolic disorders.
- Blood disorders.
- Neurological conditions.
- Weakened immune system due to medications (such as for HIV or AIDS, cancer, or chronic steroids).



## Who else?

- Pregnant women.
- 65 years and older.
- Extreme obesity.

## When should I get a flu shot?

- Every year.

## What else does a flu shot do?

- Protects people around you from getting the flu.

[Cenpaticointegratedcareaz.com](http://Cenpaticointegratedcareaz.com)

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Covered services are funded under contract with AHCCCS.



[www.cdc.gov/flu](http://www.cdc.gov/flu)



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# Monthly Health Tips