## MMWR

## A MINUTE OF HEALTH WITH CDC

## Flu Vaccine is Ready

National Influenza Vaccination Week – December 2-8, 2012 Recorded: December 11, 2012; posted: December 13, 2012

This program is presented by the Centers for Disease Control and Prevention.

The flu season is here and it's time to get the 2012-13 flu vaccine. Persons at greatest risk for severe complications from the flu include children under five, adults over 65, pregnant women, and people with chronic conditions, including asthma, heart disease, and diabetes. In addition, people who work in health care are at risk for getting and passing the flu to patients. But we can all get the flu, so the vaccine is recommended for everyone over the age of six months. The flu vaccine is available at doctor's offices, pharmacies, health departments, and clinics. Go get your annual flu vaccine today.

Thank you for joining us on A Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.