Anyone who wants to lower their chances of getting the flu should be vaccinated.

People in high risk groups who should receive the vaccine include:
- All children 6 to 23 months of age
- Persons 65 years or older
- Women who will be pregnant during flu season
- People who live or work in facilities in close proximity to many other people (nursing homes, dormitories, child care centers, schools, large companies, group homes, etc.)
- Persons with heart or lung disease who are at risk of severe flu illness
- People who have required regular medical care or were hospitalized during the previous year because of a metabolic disease (like diabetes), anemia, asthma, chronic kidney disease or a weakened immune system
- Physicians, nurses, etc. (including family members) who have extensive contact with high-risk patients

Those people who should not receive the vaccine include:
- People allergic to eggs, chicken or chicken feathers
- People who have had an allergic reaction to the flu vaccine in the past
- People who are ill and have a fever.
- Women who are or may be pregnant, without first consulting with their physician
- People with heart or lung disease who are at risk of severe flu illness
- People who developed Guillain-Barre Syndrome (GBS) within 6 weeks of getting a flu vaccine previously (Currently there is no evidence that the flu vaccine increases the risk for GBS recurrence in people with prior GBS unrelated to influenza vaccination.)
- Children less than 6 months of age
- People allergic to thimerosol (a mercury-based preservative used in vaccines)

Most people who receive the vaccine either have no, or only mild reactions. Your risk of injury or death from a rare allergic reaction is far less risky than complications brought on by influenza.
- The worst side effect is likely to be a sore arm, lasting 1 to 2 days.