

Table 2**Influenza Vaccination Recommendations 2008:
Adults**

Annual recommendations for adults have not changed. Annual vaccination against influenza is recommended for any adult who wants to reduce the risk for becoming ill with influenza or of transmitting it to others. Vaccination also is recommended for all adults in the following groups because these persons are either at high risk for influenza complications or are close contacts of persons at higher risk:

- persons aged ≥ 50 years;
- women who will be pregnant during the influenza season;
- persons who have chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological, or metabolic disorders (including diabetes mellitus);
- persons who have immunosuppression (including immunosuppression caused by medications or by human immunodeficiency virus);
- persons who have any condition (eg, cognitive dysfunction, spinal cord injuries, seizure disorders, or other neuromuscular disorders) that can compromise respiratory function or the handling of respiratory secretions or that can increase the risk of aspiration;
- residents of nursing homes and other chronic-care facilities;
- health care personnel;
- household contacts and caregivers of children aged < 5 and adults aged ≥ 50 years, with particular emphasis on vaccinating contacts of children aged > 6 months; and
- household contacts and caregivers of persons with medical conditions that put them at high risk for severe complications from influenza.