

Protect yourself and others



Fact sheet for family members and close contacts of people with an increased risk of flu complications

Vaccination also protects those around you

When is a flu vaccination recommended?

If you have a family member or close contact with an increased risk of flu complications, getting a flu vaccination means you are also indirectly protecting them.

The flu vaccination is recommended for anyone who has direct contact – either in a work or social capacity – with someone who has an increased risk of flu complications.

The following people have an increased risk of flu complications:

- People aged 65 or over
- Pregnant women or women who have given birth within the last 4 weeks
- Premature babies (in the first two winters after birth)
- Infants aged under 6 months
- People with one of the following illnesses:
 - chronic respiratory disorders (including asthma and chronic obstructive pulmonary disease [COPD])
 - cardiovascular diseases
 - liver or kidney diseases
 - metabolic disorders, e.g. diabetes
 - chronic neurological disorders, e.g. Parkinson's disease
 - congenital or acquired immunodeficiencies
 - HIV
 - cancer
- Patients in care homes and facilities for people with chronic illnesses

Who are 'family members and close contacts'?

'Family members and close contacts' means anyone who lives or works with someone with an increased risk of flu complications, or has regular contact with them.

This includes all health care workers, people working in the paramedical sector, and people who work in nurseries, day care centres, retirement homes/care homes, facilities for people with disabilities, and personal assistants. This also includes children aged over 6 months and adolescents if they have regular contact with people with an increased risk of flu complications (e.g. parents, siblings or grandparents).

People you encounter in day-to-day life (e.g. on public transport, when shopping) are not considered close contacts. However, anyone who would like to reduce their risk of catching flu for private and/or professional reasons can consider being vaccinated.

A strong gesture of solidarity

People with an increased risk of complications only have limited protection from flu, e.g. because their immune systems do not respond well to the vaccine. If you get vaccinated, you will not only be protecting yourself, but also your family members and people around you.