

[UVMHealth.org/Flu](https://UVMHealth.org/Flu)

# Am I at risk for flu and COVID-19?

**You are at increased risk for serious flu and COVID-19 complications, or extra precaution is needed, if:**

You are 65 and older

You have certain chronic medical conditions such as asthma, diabetes, chronic kidney disease or heart disease

Your BMI (Body Mass Index) is 40 or higher  
(30 or higher for COVID-19)

You have a weakened immune system

You are pregnant or breastfeeding

**Don't Delay—**

**Schedule your flu shot appointment today!**



THE  
University of Vermont  
HEALTH NETWORK

For a healthier tomorrow,  
**get vaccinated today.**