Guidance for medical exemptions for influenza vaccination can be obtained from the contraindications, indications, and precautions described by the most recent recommendations of the Advisory Committee on Immunization Practices (ACIP) available in the Centers for Disease Control and Prevention publication, Morbidity and Mortality Weekly Report. They can be found at the following website: https://www.cdc.gov/vaccines/hcp/acip-recs/index.html

Contraindications are conditions that indicate when vaccines should not be given. A contraindication is a condition that increases the chance of a serious adverse reaction. A precaution is a condition that might increase the chance or severity of an adverse reaction or compromise the ability of a vaccine to produce immunity. An indication is a condition that increases the chance of serious complications due to influenza infection. If an individual has an indication for influenza vaccination, it is recommended that they be immunized.

The following are not considered contraindications to influenza vaccination:

- Minor acute illness (e.g., diarrhea and minor upper respiratory tract illnesses, including otitis media).
- Mild to moderate local reactions and/or low-grade or moderate fever following a prior dose of the vaccine.
- Sensitivity to a vaccine component (e.g., upset stomach, soreness, redness, itching, swelling at the injection site).
- Current antimicrobial therapy.
- Disease exposure or convalescence.
- Pregnant or immunosuppressed person in the household.
- Breastfeeding.
- Family history.
- Any condition which is itself an indication for influenza vaccination.

Contraindications to all influenza vaccines include the following:

- Severe allergic reaction after a previous dose or to a vaccine component.*

Precautions to all influenza vaccines include the following:

- History of Guillain Barré Syndrome.
- Current moderate or severe acute illness with or without fever (until symptoms have abated).

*A severe allergic reaction is characterized by a sudden or gradual onset of generalized itching or erythema (redness), hives; angioedema (swelling of the lips, face or throat); severe bronchospasm (wheezing); shortness of breath; shock; abdominal cramping; or cardiovascular collapse.