

Have heart disease?

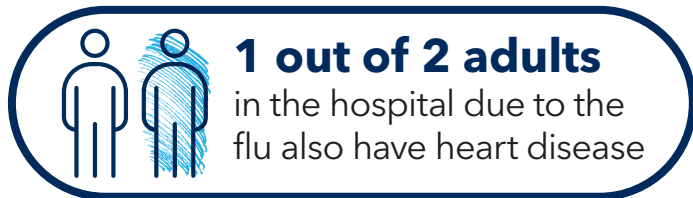
Get the vaccines you need to stay healthy.



Vaccines can help you avoid serious illness and protect your heart too.

Why vaccines are important

- » Vaccines are the best way to protect yourself – and those around you – from preventable diseases. These diseases can include the flu, COVID, pneumonia, and respiratory syncytial virus (RSV), which can be deadly.
- » Some preventable illnesses – for example, the flu or COVID – can make a heart attack or stroke more likely, even after you’ve recovered.
- » Heart disease makes it harder to fight off many diseases, which can make complications like pneumonia, heart attacks and stroke more likely.



1 out of 2 adults
in the hospital due to the
flu also have heart disease

There’s a **6x** higher risk
of heart attack in the week
after being infected

That’s why your doctor, nurse, pharmacist and leading public health experts strongly recommended vaccines for people with heart and blood vessel diseases, diabetes and other conditions. Getting vaccinated will help prevent related health problems and can save lives.

- » Vaccines aren’t just for kids. Adults need vaccines too because:
 - The protection (also called immunity) from childhood or earlier vaccines wears off. You need additional boosts of protection over time.
 - Different diseases affect adults (for example, shingles and pneumonia).

**Don’t delay
getting the vaccines
you need! Talk about
vaccines with your
care team.**

Staying up to
date with vaccines
can benefit your heart
too – just like adopting
heart-healthy habits
and taking your
medications.

Recommended vaccines for people with heart disease

People with heart disease can get sicker from respiratory and other infections. Staying up to date on routine adult vaccines helps lower the risk of serious illness.

☐	Flu (every year) – If you're 65 or older, a stronger flu vaccine – like the high-dose, recombinant or adjuvanted version – is recommended.
☐	COVID-19 (every year as updated versions are available)
☐	Pneumococcal (ideally 1 dose option)
☐	Respiratory syncytial virus, or RSV (ages 50+)
☐	Tetanus, Diphtheria, Pertussis, or Tdap/Td (every 10 years)
☐	Hepatitis B
☐	Shingles (ages 50+)
☐	Other:

Ask your health care team about these and other vaccines you might need. Check off those you discussed and need.

Where to find a flu vaccine



Many doctors' offices



Your pharmacy

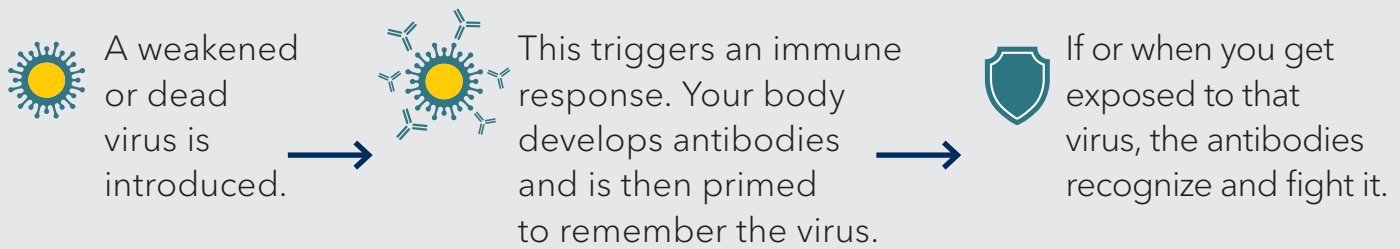


Your workplace



Community/public health clinic

How most vaccines work



Vaccines save lives and prevent complications



Over 50 million deaths can be prevented before 2030.

The flu shot not only protects you from getting sick, but it can also prevent a related heart attack or stroke in people with heart disease.

Make a plan to get your flu shot, as well as your next COVID vaccine and any others you need when it's time.



Get the facts

- **Vaccines are safe** and among the most well-studied medicines.
- **Side effects are usually mild** and go away quickly.
- For the vaccines listed in this handout, it's impossible to get the disease from the vaccine. **Getting vaccinated can prevent serious illnesses and lower the chance of heart complications that could come with them.**

Helpful tools



Use the [Stay on Top of Your Vaccines](#) worksheet to track your immunizations. It will help you keep a record of the vaccines you've had and when you got them. **Scan the QR code to access this and other vaccine resources.**