

## Protect your heart with the vaccines you need

Staying up to date with your vaccines is an important part of being heart healthy – just like:

- Eating well
- Getting good sleep
- Being active
- Taking heart medicines
- Not smoking

**+Getting vaccinated!**



Having **heart disease** makes you **more likely to become seriously ill** from infections such as influenza (the flu), COVID, and pneumonia.

**These infections** can strain the heart. They also **can lead to a heart attack, heart damage, stroke, and even death.** So make sure you are protected.

### Vaccines:

- ▶ Prevent diseases
- ▶ Save lives
- ▶ Make the illness milder if you do get sick
- ▶ Keep other people healthy too

Remember to write down when and where you get each vaccine.

### Vaccines you might need

Ask about and make sure you're up to date with vaccines that protect against:

Influenza (flu)

COVID

Pneumonia

Shingles

Hepatitis B

Diphtheria, Tetanus and Whooping cough (pertussis)

Depending on your age, lifestyle and job, you may need other vaccines.

### Where to get vaccines

Start by asking your heart doctor or primary care provider. You can also find these vaccines at:



Go to **Vaccines.gov** to find vaccines near you.



For more information, visit [CardioSmart.org/HealthyLiving](https://www.heart.org/healthy-living)

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