

Protect your heart with the vaccines you need

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

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

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 heart attack, heart damage, stroke, and even death. So make sure you are protected.



Vaccines you might need



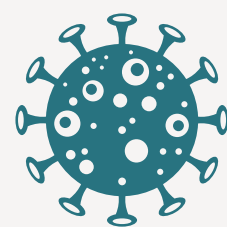
Vaccines:

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

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



Influenza (flu)



COVID



Respiratory syncytial virus (RSV)



Pneumonia



Shingles



Diphtheria, Tetanus and Whooping cough (pertussis)



Hepatitis B

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 go to [Vaccines.gov](https://www.vaccines.gov) to find vaccines near you.



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

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