

## GET A FLU SHOT TO PROTECT YOUR HEART




**1 out of 2 adults** hospitalized with the flu also have heart disease

If you have **HEART DISEASE**, you're more likely to have **SERIOUS COMPLICATIONS** from the **FLU**.

These include:

- ▶ Pneumonia
- ▶ Heart attack
- ▶ Hospitalization
- ▶ Stroke
- ▶ Death



**COVID-19 and the flu are a double threat.**

**THE FLU VACCINE** Can Help You:

- ▶ Lower the risk of a heart attack, stroke, or heart failure
- ▶ Avoid dangerous complications
- ▶ Stay healthy

## WHAT YOU CAN DO

**IT'S NEVER TOO LATE TO GET A FLU SHOT!**

Add a yearly flu shot to the steps you take to keep your heart healthy:



Exercise



Don't Smoke



Eat Heart-Healthy



Take Your Medication



**GET VACCINATED!**

## WHERE TO GET A FLU SHOT

- Your doctor's office
- Your pharmacy
- Your community – go to [VaccineFinder.org](https://www.vaccinefinder.org)

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

 @CardioSmart