FLU SHOTS AND YOUR HEART



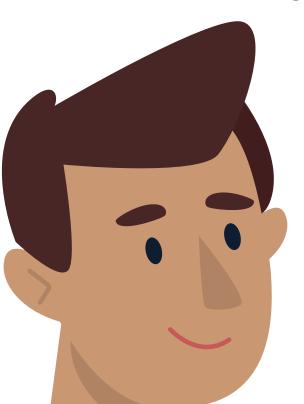
GET A FLU SHOT TO PROTECT YOUR HEART



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



VACCINATED!

Don't Smoke



Take Your Medication



Eat Heart-Healthy

WHERE TO GET A FLU SHOT

- Your doctor's office
- Your pharmacy
- Your community go to *VaccineFinder.org*

For more information, visit CardioSmart.org/Flu



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