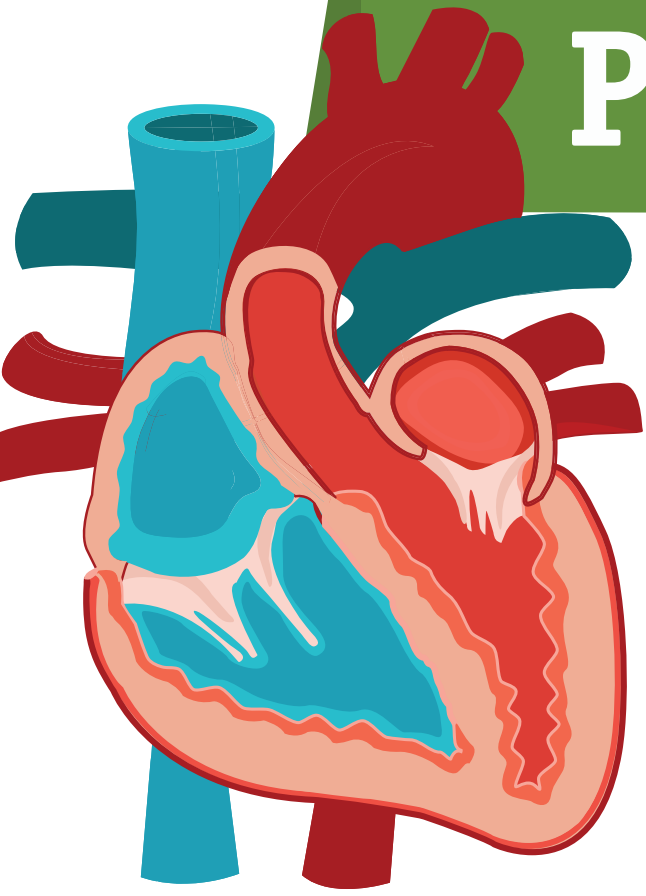


Get a Flu Shot to Protect Your Heart



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

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

THE FLU VACCINE

Can Help You:

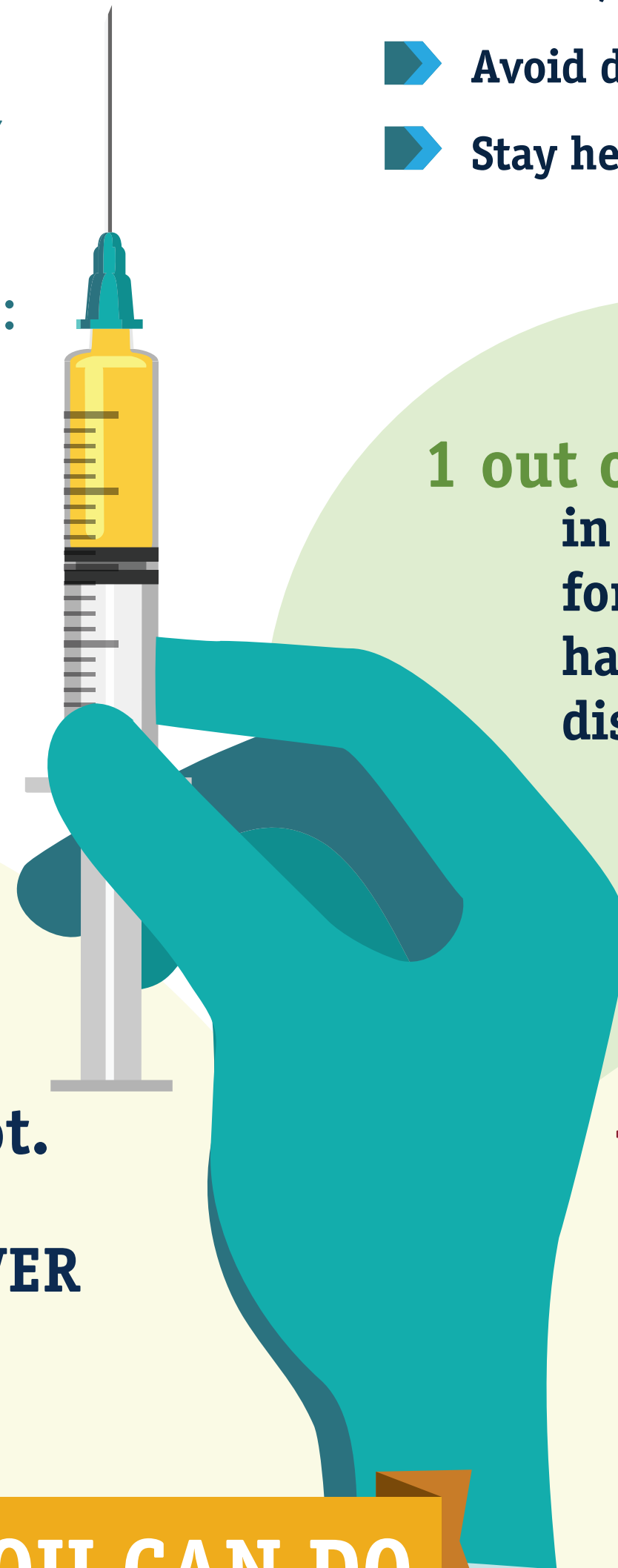
- ▶ Lower the risk of a heart attack, stroke, or heart failure
- ▶ Avoid dangerous complications
- ▶ Stay healthy

1 out of 2 adults in the hospital for flu also had heart disease



OCTOBER is the best month to get a flu shot.

BUT IT'S NEVER TOO LATE!



WHERE TO GET A FLU SHOT

- Your doctor's office
- Pharmacy
- Your workplace
- Your community – go to VaccineFinder.org

WHAT YOU CAN DO

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



EXERCISE



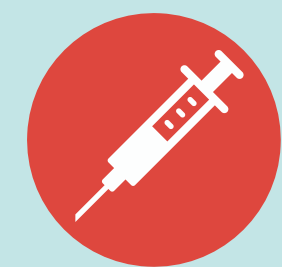
EAT HEART-HEALTHY



DON'T SMOKE



TAKE YOUR MEDICATION



GET VACCINATED!

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to CardioSmart.org/Flu to learn more.