

LOWER YOUR

If you have a chronic condition like...

LUNG DISEASE

HEART DISEASE

DIABETES

FLU RISK

there are many important things you need to do to stay healthy:

MONITOR YOUR
CONDITION



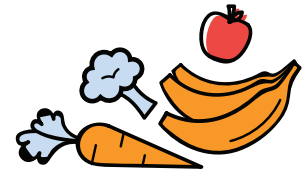
TAKE YOUR
MEDICATION



EXERCISE

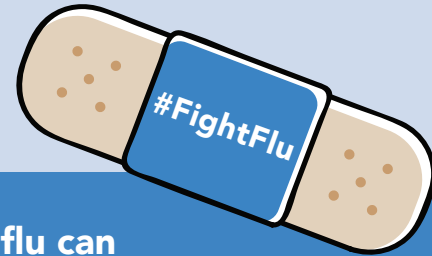


EAT HEALTHY



But there's one thing you might not know...

Annual flu vaccination
is also a critical part of your care



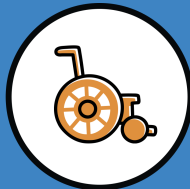
Even when your chronic condition is well-managed, flu can worsen symptoms and lead to life-threatening complications, including:



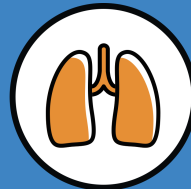
HEART ATTACK



STROKE



PERMANENT
PHYSICAL DECLINE



PNEUMONIA



HOSPITALIZATION
& DEATH

Protect yourself and make annual flu vaccination a regular part of your care



LEARN MORE AT www.nfid.org/flu

#LowerYourFluRisk