

THE DANGERS OF INFLUENZA (FLU): WHY PEOPLE WITH HEART DISEASE NEED TO GET VACCINATED

30+
million adults
have
heart disease,
and are at **6x** increased
risk of heart attack within
7 days of flu infection



SERIOUS COMPLICATIONS MAY INCLUDE:

- **6X** increased risk of heart attack within 7 days of flu infection
- Hospitalization
- Increased risk of stroke
- Permanent physical decline/loss of independence
- Higher risk of death

ANNUAL FLU VACCINATION IMPROVES OUTCOMES

Flu vaccination has been associated with lower rates of some cardiac events among people with heart disease, especially among those who had a cardiac event in the past year

EDUCATE AND MOTIVATE PATIENTS

INFORM patients with heart disease about the serious dangers of flu and **INSIST** they get vaccinated each year!

Inform patients with heart disease of potential complications of flu:

- Worsening of chronic health condition
- Triggering a heart attack or stroke
- Threatening their level of independence

Create a practical reminder tied to the fall season to ensure that patients schedule an office visit to discuss the importance of annual flu prevention

Providers who are unable to provide flu vaccine on-site should write a "prescription" for flu vaccine to signal the importance and urgency of the recommendation

All healthcare professionals have a role in protecting adults with chronic health conditions from flu

Visit www.nfid.org/loweryourflurisk for additional resources