THE DANGERS OF INFLUENZA (FLU):
WHY ADULTS WITH CHRONIC HEALTH CONDITIONS NEED TO GET VACCINATED

Annual flu vaccination is the best way to protect patients with chronic health conditions from serious long-term complications of flu.

Visit www.nfid.org/flu-chronic-health-conditions for additional resources.

- US adults with chronic health conditions are at high risk for flu-related complications:
  - Exacerbation of chronic health conditions
  - Permanent physical decline
  - Risk of heart attack or stroke
  - Death

- During the 2017-2018 flu season, highest hospitalization rates were among adults age 50-64 and 65+

- 15+ million have heart disease and are 10x more likely to have a heart attack within 3 days of flu infection

- 31+ million have asthma and/or COPD putting them at greater risk of serious flu-related complications

- 30+ million have diabetes and are at 6x increased risk of flu-related hospitalization

- 90% of flu-related deaths occur in adults 65+

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