If you have a chronic condition like...

- LUNG DISEASE
- HEART DISEASE
- DIABETES

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](http://www.nfid.org/flu)