There are many important things you advise patients to do to stay healthy:

- Quit Smoking
- Exercise
- Take Medication as Prescribed
- Avoid Second Hand Smoke and Pollution

**Annual flu vaccination** is just as important in treating patients with lung disease (including asthma or COPD).

**EVEN WHEN CHRONIC CONDITIONS ARE WELL MANAGED, FLU CAN WORSEN SYMPTOMS AND LEAD TO LIFE-THREATENING COMPLICATIONS, INCLUDING:**

- Worsening of lung disease
- Heart attack and stroke
- Progressive loss of lung function
- Permanent physical decline
- Hospitalization and death

**39+ million US adults** have asthma and/or COPD, putting them at greater risk of serious flu-related complications.

**LEARN MORE AT** [www.nfid.org/loweryourflurisk](http://www.nfid.org/loweryourflurisk) **#LowerYourFluRisk**