

# THE DANGERS OF INFLUENZA (FLU) AND COVID-19 IN ADULTS WITH CHRONIC HEALTH CONDITIONS

## What do they all have in common?



Susan, Age 75  
**HEART DISEASE**



Janet, Age 50  
**HIV/AIDS**



Jake, Age 62  
**OBESE (BMI ≥ 40)**



Darrell, Age 57  
**ASTHMA**



Maria, Age 49  
**DIABETES**



José, Age 64  
**CHRONIC OBSTRUCTIVE  
PULMONARY DISEASE (COPD)**

**93%**  
of adults

hospitalized for flu during the 2019-2020 season had at least one reported underlying medical condition



**Because of their chronic health conditions, they are at high risk for serious COVID-19 and flu-related complications:**

- Worsening of chronic health condition
- Disability
- Hospitalization
- Death

**34+**  
million adults

have diabetes and are **3x** more likely to be hospitalized from COVID-19 and die from flu-related complications



**30+**  
million adults

have heart disease and are at **6x** increased risk of heart attack within **7 days** of flu infection



**Adults with hypertension**

are **3x** more likely to be hospitalized for COVID-19



**39+**  
million adults

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



**Adults with asthma**

are **1.5x** more likely to be hospitalized for COVID-19



**Annual flu vaccination is the best way to protect yourself from flu and serious long-term complications**

**In the US, there are currently no approved vaccines for COVID-19**

**Learn more at [www.nfid.org/loweryourflurisk](http://www.nfid.org/loweryourflurisk)**