

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

93%
of adults

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



US adults with chronic health conditions are at high risk for COVID-19 and flu-related complications

- Exacerbation of chronic health conditions
- Permanent physical decline
- Risk of heart attack or stroke
- 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