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

93% of adults hospitalized for flu during the 2019-2020 season had at least one reported underlying medical condition

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

34+ million adults have diabetes and are 3x more likely to be hospitalized from COVID-19 and die from flu-related complications

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

93% of adults hospitalized for flu during the 2019-2020 season had at least one reported underlying medical condition

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

#LowerYourFluRisk
#FightFlu