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**