

IF YOU HAVE HEART DISEASE... ...GET A FLU SHOT!

Heart patients need a flu shot each year

- Death rates from flu are higher in patients with heart disease compared to patients without heart disease.
- People with heart failure who get the flu shot spend less time in the hospital.
- A flu shot can lower the risk of stroke.

**Getting a flu shot
each year can help reduce your
risk of death by heart attack
and stroke by up to 50%**