

# Stop the Flu From Stopping You

Getting the flu (Influenza) puts you at risk for serious illness, especially if you are age 65 or older, younger than age 2, pregnant or have a chronic health condition such as heart disease. Flu-related illness may also increase the risk of heart attack. Prevention is the best way to protect yourself and others. Here's how:

#### **Build Your Defenses**



Everyone 6 months and older should get a flu shot every year! This is the best way to lower your risk of serious illness.



Wash your hands often to keep flu germs away. If needed, use an alcoholbased hand rub instead.



Minimize touching your face and keep high-touch surfaces like door knobs and counters clean.



Stop the spread.
Keep your distance
if others are sick
and stay home if
you are sick. Cover
your mouth and
nose when you
cough or sneeze.



High-risk?

Wear a mask
that fits well
over your nose
and mouth
when in
confined spaces.



**If you're age 65 or older:** When getting your flu shot, ask for a "differentiated vaccine." This type of flu vaccine is shown to better protect older adults by increasing their immune response.

## Why get a new flu shot every year?

The flu virus changes and adapts often, so during each flu season, October thru May, the vaccine also changes to combat the flu strains causing the most infections. This is why you need a new shot every year.

#### **Time It Right**



#### The sooner the better ...

but getting your shot anytime during flu season avoid illness.



#### The best time? Getting your shot by the end of October helps you to build immunity before flu season is

most active.

### **Safeguard Your Heart and Your Health**

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More than 6 of adults hospitalized with flu have at least one chronic health issue.

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hospitalized with flu have heart disease and 70% are age 65 and older.



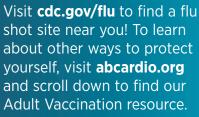
Non-Hispanic Black people flu-related rates due, in part, to chronic conditions that are more underserved groups. **Getting your** 

flu shot can help change this.



Having the flu while lead to serious complications. **Getting the** flu shot while pregnant helps protect both mother and baby.







## Association of Black Cardiologists, Inc. abcardio.org

Supported, in part, by Amgen, AstraZeneca, Bristol Myers Squibb, Johnson & Johnson, Novo Nordisk, Sanofi, and Regeneron

Source: Centers for Disease