COVID-19 and the FLU: Avoiding double trouble

Why getting your flu shot is more important than ever

The world is still battling COVID-19. Now flu season is here too. Catching the flu can weaken your ability to avoid COVID-19.

A FLU SHOT

• IS SAFE: It’s administered with COVID-19 safety precautions
• IS EASY: It takes just a few minutes out of your day
• PROTECTS YOUR KIDS: Getting them vaccinated reduces their chances of flu-related hospitalization by 74%
• HELPS AVOID STROKE: If you have a flu-like illness the odds you will also have a stroke jump by 40% for up to one year
• PROTECTS YOUR PREGNANCY: Pregnant women who get a flu shot reduce their chances of flu-related hospitalization by 40%

THINKING OF SKIPPING THE FLU SHOT?

If you have factors that increase your risk:
• 65+
• Heart disease
• Diabetes
• Weakened immune system

You’re SIX TIMES more likely to experience a HEART ATTACK

Heart.org/flu