

# THE DANGERS OF INFLUENZA (FLU): WHY ADULTS WITH CHRONIC HEALTH CONDITIONS NEED TO GET VACCINATED

During the 2017-2018 flu season, highest hospitalization rates were among **adults age 50-64 and 65+**

**US adults with chronic health conditions are at high risk for flu-related complications**

- Exacerbation of chronic health conditions
- Permanent physical decline
- Risk of heart attack or stroke
- Death



**90% of flu-related deaths** occur in adults 65+



**15+ million**

have heart disease and are **10x** more likely to have a heart attack within **3 days** of flu infection



**31+ million**

have asthma and/or COPD putting them at greater risk of serious flu-related complications



**30+ million**

have diabetes and are at **6x increased risk** of flu-related hospitalization



**Annual flu vaccination is the best way to protect patients with chronic health conditions from serious long-term complications of flu**

Visit [www.nfid.org/flu-chronic-health-conditions](http://www.nfid.org/flu-chronic-health-conditions) for additional resources

