



American  
Heart  
Association.

# COVID-19 and the FLU:

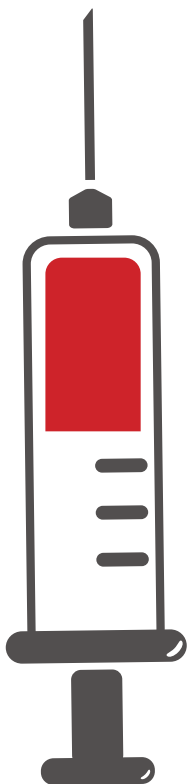
## Avoiding double trouble

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.

No one wants to catch COVID-19 AND the flu!

### 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](https://www.heart.org/flu)