

# THE DANGERS OF INFLUENZA (FLU): WHY PEOPLE WITH LUNG DISEASE NEED TO GET VACCINATED

**31+**  
**million**

US adults diagnosed with  
**asthma and/or  
COPD,**  
putting them at high risk for  
flu-related complications



## SERIOUS COMPLICATIONS MAY INCLUDE:

- Worsening of lung disease
- Hospitalization
- Progressive loss of lung function
- Permanent physical decline/loss of independence
- Higher risk of death

## ANNUAL FLU VACCINATION IMPROVES OUTCOMES

Annual flu vaccination reduces COPD exacerbations, is associated with lower risk for coronary artery disease among older COPD patients, and can reduce serious illness, as well as death.

## EDUCATE AND MOTIVATE PATIENTS

**INFORM** patients with lung disease about the serious dangers of flu and **INSIST** they get vaccinated each year!

Inform patients with lung disease of potential complications of flu:

- Worsening of chronic health condition
- Triggering a heart attack or stroke
- Threatening their level of independence

Create a practical reminder tied to the fall season to ensure that patients schedule an office visit to discuss the importance of annual flu prevention

Providers who are unable to provide flu vaccine on-site should write a "prescription" for flu vaccine to signal the importance and urgency of the recommendation

**All healthcare professionals have a role in protecting adults with chronic health conditions from flu**

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