

# LET'S TALK ABOUT VACCINES!

## DO YOU LIVE WITH A CARDIOVASCULAR CONDITION?



### » DID YOU KNOW THAT...

- Individuals with cardiovascular diseases are at higher risk of severe complications and death from vaccine-preventable diseases?
- Non-vaccination increases the risk of developing secondary infections that may lead to permanent heart damage?
- In the few days following flu infection, the risk of a heart attack in adults is 10 times higher, and the risk of stroke is eight times higher?
- Influenza vaccination can reduce this risk by 15–45%?
- Influenza can cause other severe complications like pneumonia, diabetic crises or general functional decline?

### » THE FOLLOWING VACCINES PROTECT YOU FROM THESE DISEASES AND OTHER COMPLICATIONS, AND OFFER YOU IMPROVED QUALITY OF LIFE:



INFLUENZA



COVID-19



PNEUMOCOCCAL

ROUTINE BOOSTER:



TETANUS, DIPHTHERIA  
AND PERTUSSIS (Tdap)



### » THINK ABOUT THE FOLLOWING QUESTIONS:



Do I know which vaccines I can get to protect me from preventable diseases and help me have a better quality of life?



When was the last time I received my vaccines?



Do I need to be vaccinated again if I already got vaccinated last year?



What can I gain from getting vaccinated?



How can a vaccine prevent my condition from worsening?



Do I have any concerns about the safety or the efficacy of vaccines?

**ASK YOUR PHARMACIST FOR ADVICE ABOUT VACCINES!**

For more information and supporting references, check the FIP vaccination microsite: [www.fip.org/letstalkaboutvaccines](http://www.fip.org/letstalkaboutvaccines)

