

What You Need to Know About Heart Disease and Adult Vaccines

Each year thousands of adults in the United States suffer serious health problems from diseases that could be prevented by vaccines — some people are hospitalized, and some even die. People with heart disease and those who have suffered stroke are at higher risk for serious problems from certain vaccine-preventable diseases.

Vaccines are important for you.

There are many reasons why vaccines are especially important for people with heart disease and those who have suffered stroke. Here are just a few:

- Heart disease can make it harder for you to fight off certain diseases like the flu. **That's why a flu vaccine every year is important.**
- Some vaccine-preventable diseases, like influenza, can increase the risk of another heart attack. **That's why you should talk to your healthcare professional to make sure you have all the vaccines you need.**
- Heart disease also increases your risk of serious complications from certain illnesses such as pneumonia and influenza. **Certain types of pneumonia can be prevented by pneumococcal vaccines.**

Vaccines are one of the safest ways to protect your health.

- **Vaccines are tested and monitored.** Vaccines are tested before being licensed by the Food and Drug Administration (FDA). Both the Centers for Disease Control and Prevention (CDC) and FDA continue to monitor vaccines after they are licensed.
- **Vaccine side effects are usually mild and temporary.** The most common side effects include soreness, redness or swelling at the injection site. Severe side effects are very rare.
- **Vaccines are safe to get, even if you are taking prescription medications.** In fact, they are an important part of staying healthy especially if you have a chronic condition like heart disease.



What vaccines do you need?

If you have heart disease, there are a number of vaccines recommended for you:

- **Flu vaccine** every year to protect against seasonal flu
- **Pneumococcal vaccine** to protect against serious pneumococcal diseases

In addition, all adults need:

- Tdap vaccine to protect against tetanus, diphtheria, and pertussis (whooping cough)
- Zoster vaccine to protect against shingles if you are 60 years or older

There may be other vaccines recommended for you so be sure to talk with your healthcare professional.

DON'T WAIT. VACCINATE!



Getting adult vaccines can be easier than you think.

You may regularly see a cardiologist, or your primary care provider. Either is a great place to start! Many carry vaccines recommended for people with heart disease or stroke. If your healthcare professional does not offer the vaccines you need, ask for a referral so you can get the vaccines elsewhere.

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, and health departments. To find a place near you to get a vaccine, go to <http://vaccine.healthmap.org>.

Most health insurance plans cover recommended vaccines. Check with your insurance provider for details and for a list of vaccine providers covered by your plan. If you do not have health insurance, visit www.healthcare.gov to learn more about health insurance options.

Don't Wait. Vaccinate!

Talk with your healthcare professional to make sure you are up-to-date with the vaccines recommended for you.

DON'T WAIT. VACCINATE!

Talk with your doctor or other healthcare professional to make sure you are up-to-date with the vaccines recommended for you.

For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, go to www.cdc.gov/vaccines/adults.

