

The Flu & Asthma Are Serious Business

If you have Asthma, you need a Flu Shot!

Why You Need The Flu Shot

Respiratory infections like influenza are more serious for people with asthma.

Adults and children with asthma are much more likely to develop major complications from the flu. Complications such as:

- Increased inflammation and mucus production in the airways
- Severe asthma attacks, wheezing and chest tightness
- Pneumonia, bronchitis, ear infections and acute respiratory diseases

From year-to-year, the flu viruses that make you sick change. That's why it is important to get a flu shot every year so that you can remain healthy.

If you have asthma, you need a flu shot as part of your routine health care. Unfortunately, only 33% of people with asthma take time to get vaccinated. By getting your flu shot, you not only protect yourself but those that you love.

The flu vaccine is safe and effective. For those with asthma, only the killed virus type, the shot, is recommended. The nasal mist is not for those with underlying medical conditions. And remember, you cannot get the flu from the flu shot.

Contact your medical provider or visit the **American Lung Association's flu clinic locator** at www.flucliniclocator.org to find a flu clinic near you.

The best way to prevent the flu and severe asthma complications is by getting a flu shot each year!



www.immunizeva.org



1 Source: <http://www.cdc.gov/asthma/flushot.htm>

2 Source: <http://www.cdc.gov/asthma/>