

What You Need to Know About Adult Immunizations: COPD, Asthma or Heart Disease



“Start *the* Conversation...”

Talk with your health care provider about the immunizations you need.

Vaccines are the best and safest way to protect yourself.

If you have **COPD, Asthma or Heart Disease**, you are at higher risk for serious problems from certain diseases that can be prevented with vaccines.

Talk with your health care provider about these vaccines:

- **Flu Vaccine:** every year to protect against seasonal flu
- **Pneumococcal Vaccines series:** protects against serious pneumococcal diseases
- **Tdap Vaccine:** protects against tetanus, diphtheria and pertussis (whooping cough)
- **Zoster Vaccine:** protects against shingles if you are 60 years or older

Did you know?

- Adults with COPD, asthma or heart disease have more complications from the flu. Getting the flu can increase the risk of another heart attack.
- COPD and asthma can increase mucus and swelling in your airways. Certain diseases that are prevented with vaccines can also cause swelling and block your airways. These increase your chances of getting pneumonia and other serious respiratory illnesses.
- Your COPD or asthma specialist, cardiologist or primary care provider can help you get the vaccines you need.
- Most health insurance plans cover the recommended vaccines. Check with your plan for a list of covered vaccines.
- If you do not have insurance, visit <http://bit.do/vaccinesNH> for a list of NH providers that offer vaccines for eligible patients.



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