

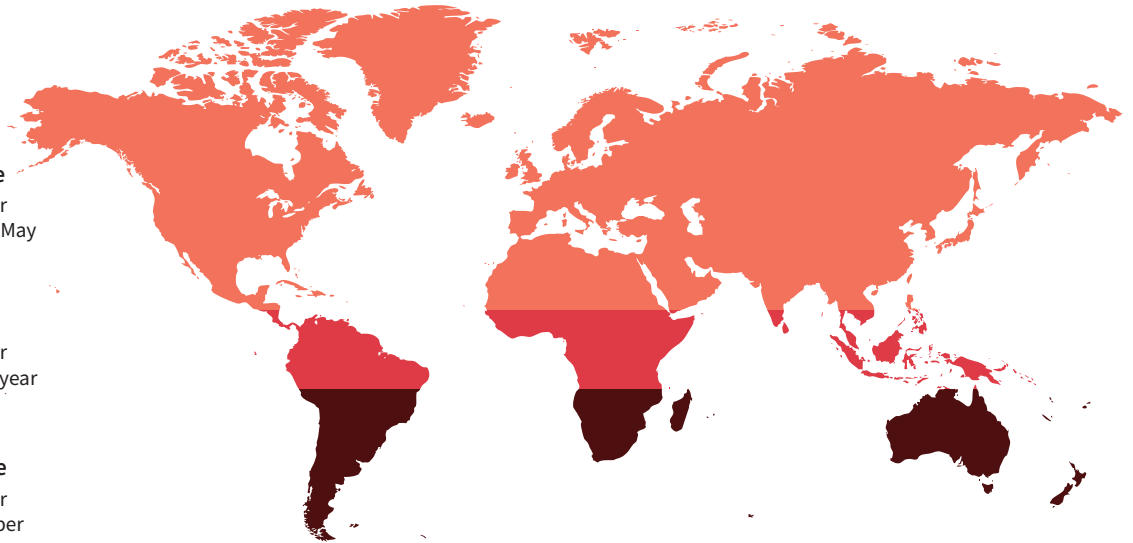
## SEASONAL FLU KILLS HUNDREDS OF THOUSANDS OF PEOPLE AROUND THE WORLD EACH YEAR

Influenza or flu is an infection caused by the influenza virus.

**Northern Hemisphere**  
Flu season tends to occur between November and May

**Equator**  
Flu season tends to occur Variable throughout the year

**Southern Hemisphere**  
Flu season tends to occur Between June and October



In equatorial countries there tends to not be an observable flu season, but peaks and troughs throughout the year. This is possibly due to the rainy season driving social interaction indoors.

### PEOPLE WHO ARE MOST VULNERABLE:



Below age 5 &  
Above age 65



With Chronic  
Conditions



Pregnant women  
(Especially 3rd Trimester)





With weakened  
immunity




BMI  
over 40

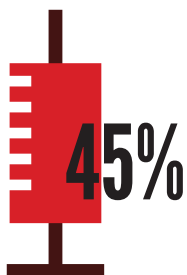
### FLU AND THE HEART

 Flu infection increases the risk of a cardiac event or stroke

 People living with cardiovascular disease are at a higher risk of developing serious complications after the flu

 The risk of having a heart attack is as much as 6 times higher within a week following a flu infection

## PREVENT THE SPREAD OF FLU, PROTECT YOURSELF AND YOUR HEART



### GET VACCINATED!

Flu vaccine can reduce the risk of influenza triggered heart attacks and other secondary cardiac events by up to 45%



Avoid close contact with people with flu symptoms (e.g. cold, cough, fever)



Wash hands regularly!



Avoid touching your nose, eyes and mouth! Cover your mouth when you cough or sneeze or wear a mask