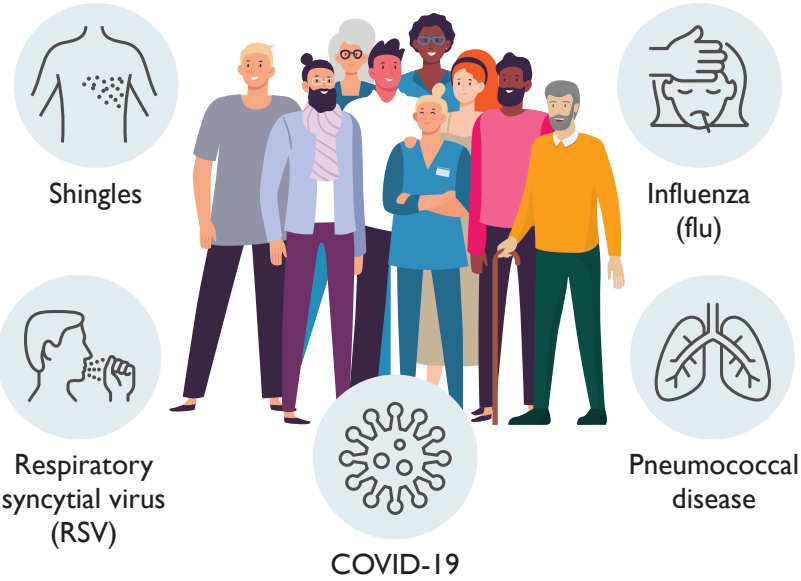
Protect Your Heart: Make Vaccinations Part of Your Heart-Healthy Lifestyle

People with heart conditions are at higher risk of becoming seriously ill from infections such as:



Vaccines can protect you against these infections.

Depending on your age, lifestyle, and job you may need other vaccinations too.

Vaccines

- Prevent infection
- Lower the risk of serious complications if you become ill
- Keep others healthy

Speak to your healthcare provider or public health unit about vaccinations you need to protect your heart health.

Did you know?

1. The Canadian Cardiovascular Society (CCS) encourages people with heart conditions, their family members, and carers to keep up to date with their vaccinations.
2. Health Canada approved vaccinations have been shown to be safe and effective for people with most heart conditions.
3. Vaccination is one of the best ways to protect people with heart conditions, their families, and their communities from infection and severe complications.

Other ways to keep healthy

- Be active, eat healthy foods, get enough sleep
- Clean your hands regularly
- Disinfect high-touch surfaces and objects
- Cover coughs or sneezes with a tissue or your elbow
- Wear a mask when appropriate
- Improve indoor ventilation

To find more information about vaccinations, visit: Government of Canada – www.Canada.ca/vaccines

Visit us at **CCS.CA**

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