

# Preventing the Flu Among Adults with Asthma: It's Not Too Late for a Flu Shot!



February 7, 2020

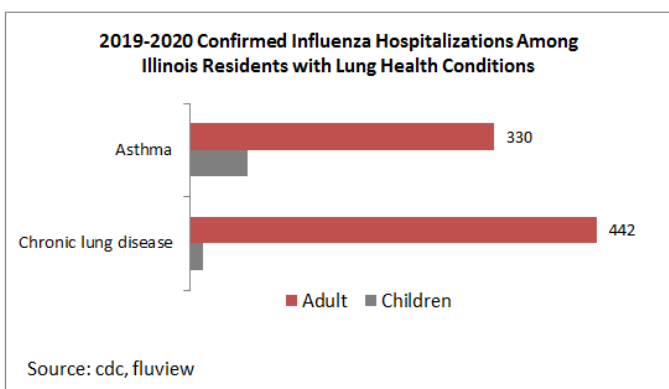
People living with asthma are not more likely to get the flu than others, but face more risks once infected. The flu virus can further inflame airways, triggering asthma symptoms (chronic cough, wheezing, chest tightness) or even making them worse. It may also lead to other lung diseases like pneumonia. This is true for people with mild asthma or whose symptoms are well-controlled by medication.

A flu shot is the best protection against the flu. Unfortunately, data from the CDC show less than one in three Illinois adults with asthma received a shot this year. This is the lowest number in eight years and well below the national average.

Flu activity is also widespread in Illinois this year. To date, 772 adults and 76 children who have asthma or chronic lung disease were also hospitalized with the flu.



**72% OF  
ADULTS WITH  
ASTHMA  
ARE NOT  
VACCINATED  
AGAINST THE  
FLU**



Flu season continues through the spring months. The good news is whether you have asthma or not, there is still time to get a flu shot.

Find a location near you where they are available: [www.vaccinefinder.org/](http://www.vaccinefinder.org/)

## Protect Yourself from the Flu



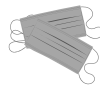
Get your flu shot



Stay home when you are sick



Clean your hands to protect you from germs



Avoid close contact with people who are sick



Cover your mouth and nose with a tissue when coughing or sneezing



Avoid touching your eyes, nose, or mouth