

DO YOUR PART TO PROTECT MILLIONS OF HEARTS

Get your COVID-19 and Flu Vaccinations

September 22, 2021 – As the world continues the fight against COVID-19, individuals with heart conditions such as heart failure, coronary artery disease, cardiomyopathy, diabetes, and hypertension are greatly aware of the threat COVID-19 has on their lives. People with these conditions are at a higher risk for developing severe illness when affected by COVID-19 and influenza (flu).

With the ongoing COVID-19 pandemic and flu season right around the corner, District Health Department #10 (DHD#10) urges community members to personally act on September 29th, World Heart Day, by receiving both the COVID-19 vaccine and the flu vaccine to protect their heart health, as well as the health of those around them.

According to the Centers for Disease Control and Prevention (CDC), both the COVID-19 and flu vaccine are safe and effective and help build up population immunity against these illnesses. Population immunity means that enough people in the community are protected from getting a disease, which makes it harder for the disease to spread.

For individuals looking to schedule a first or second dose of the COVID-19 vaccine please schedule an appointment at www.dhd10.org/schedule or by calling 888-217-3904. For individuals looking to schedule a COVID-19 booster dose of either Pfizer or Moderna, at this time, it is only recommended for people who have:

- Been receiving active cancer treatment for tumors or cancers of the blood
- Received an organ transplant and are taking medicine to suppress the immune system
- Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system
- Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- Advanced or untreated HIV infection
- Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response

Anyone who meets these criteria can schedule a booster dose at www.dhd10.org/schedule or contact us at 888-217-3904 for assistance.

DHD#10 has also began distributing this year's flu vaccine. To schedule a flu vaccination appointment, please call 888-217-3904.

For more information on the COVID-19 vaccine, go to www.dhd10.org/covid-19-vaccine. For information on the flu vaccine, go to <http://www.dhd10.org/locate-flu-clinic/>. To stay up to date on the latest information, sign up for Public Health Alerts at www.dhd10.org/subscribe.

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