

# Heart Disease and Adult Vaccines



Getting vaccinated is an important step in staying healthy!

People with heart disease and those who have suffered stroke are at higher risk for serious problems from certain diseases. Heart disease can make it harder for you to fight off certain diseases or make it more likely that you will have serious complications from certain diseases.

Vaccines are one of the safest ways for you to protect your health, even if you are taking prescription medications. If you have cardiovascular disease, talk with your doctor about making sure your vaccinations up-to-date.

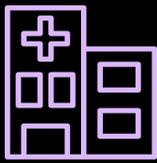
## RECOMMENDED VACCINES

- ✓ Influenza Vaccine
- ✓ Pneumococcal Vaccine
- ✓ Tdap/Td Vaccine
- ✓ Shingles Vaccine
- ✓ HPV Vaccine

**New Jersey Stat**  
In 2018, only 25.9% of adults ages 18-64 years who are considered at increased risk had reported receiving a pneumococcal vaccine.

**New Jersey Stat**  
During the 2019-2020 flu season, only an estimated 46% of adults ages 18-64 years who are considered at increased risk received a flu vaccine.

There may be other vaccines recommended for you based on your lifestyle, travel habits, and other factors. Talk to your healthcare professional about which vaccines are right for you.

**Wondering where to get vaccines?**   
Vaccines may be available at your doctors' office, pharmacy, workplace, community health clinic, health department, or other locations. Check out [vaccinefinder.org](http://vaccinefinder.org) to find adult vaccine providers in your area.

**Does insurance cover vaccines?**   
Most insurance plans cover recommended vaccines. You can also check with local health departments, and Federally Qualified Health Centers (FQHCs) regarding vaccine affordability.