

Vaccine-Preventable Diseases

Vaccine Preventable Diseases (VPDs) are infectious diseases caused by viruses or bacteria and preventable with vaccines. This includes:



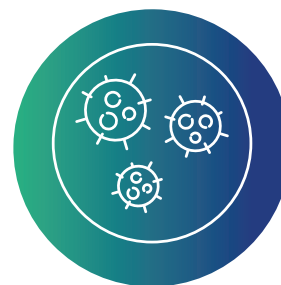
Influenza



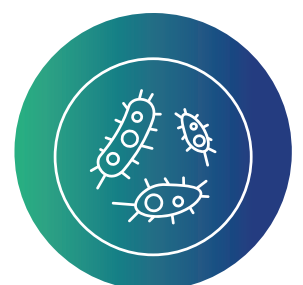
Diphtheria



Measles



Human papilloma virus
(HPV) infection



Bacterial
infections

IMPACTS OF VPDS



Long-term illness



Hospitalization



Death



Take the **Vaccine-Preventable Diseases Course** to learn how vaccines address the intersection of communicable and non-communicable diseases to support global health goals.

WHAT YOU CAN DO TO STAY HEALTHY



Stay active and choose heart-healthy food to strengthen your immune system



Get your flu shot
It's safe and quick.
Remember, it takes 2 weeks after being vaccinated for it to really work.



Wash your hands often with soap and water



Cover your mouth and nose when you cough or sneeze and wear a mask if needed



Stay home if you feel unwell or until any fever is gone for at least 24 hours



Avoid close contact with sick people



Take your heart and other medications regularly



Source: CardioSmart.org/Flu

Find out more and access **FREE** courses at ACC.org/NCDAcademy



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