

Important information for patients
with cardiovascular disease

Protect your heart from RSV



Why it's important to protect yourself from this
respiratory infection

The human respiratory syncytial virus (RSV) is one of the most common causes of respiratory tract infections. It affects people of all ages and is highly contagious. Although RSV infections are common throughout the year, they occur most frequently between November and January.

The most common symptoms include:

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|--|--|
|  Runny nose |  Fever |
|  Cough |  Breathing difficulties |
|  Sore throat |  Ear pain |
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A virus with hidden risks – especially for your heart

-  People aged 75 and over, as well as those with cardiovascular disease, are at increased risk of developing a severe RSV infection.
-  For them, RSV infection can have far-reaching consequences – including heart attack, myocarditis or cardiac arrhythmias.
-  The inflammation triggered by the virus can spread throughout the body, including the blood vessels and the heart.

Good for your heart:

Protect yourself against RSV through vaccination

Although RSV vaccination does not provide complete protection, a single RSV vaccination can help protect you – at any time of year, or ideally in September or early October.

**The Standing Committee on Vaccination
(STIKO) recommends RSV vaccination for:**

- ♥ Everyone aged 75 and over
- ♥ Patients aged 60 and over with cardiovascular disease
- ♥ People aged 60 and over who live in a care home

Good reasons to get vaccinated against RSV:

- ♥ May help protect against severe illness
- ♥ Reduced risk of complications for people with cardiovascular disease
- ♥ Supports the body's production of antibodies

**Talk to your cardiologist
about your RSV
vaccination status.**

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