

**Viruses can spread quickly through households — especially during cold and flu season — putting immunocompromised patients and their caregivers at higher risk for serious illness.<sup>1</sup>**

**This discussion guide is designed to help caregivers feel more prepared before, during, and after medical visits. Use these prompts to keep you and your loved ones healthy.**



## BEFORE YOUR VISIT

- Write down any new or changing symptoms, even if they seem small, and when they started.
- Bring an up-to-date list of all medications you take, any vaccines you have received, and reactions or concerns you have.
- Remind your doctor that you or your loved one has a weakened immune system and that even a mild infection can be serious.



## STAYING HEALTHY

- Are these specific viruses of greater concern for immunocompromised people?
- Are there any vaccines we should avoid, or time carefully, because of my condition?
- What are the most important steps we should take to lower our risk of getting sick?
- Could any of those prevention options present more risk than benefit given my/my loved one's unique health circumstances?



## EXPLORE YOUR OPTIONS

- Which vaccines do you recommend for me/my loved one this season, and when should we get them?
- What other disease prevention options are available for me/my loved one?
- What should I watch for, and what should I do if symptoms get worse?

<sup>1</sup>Centers for Disease Control and Prevention. 2025. Respiratory Illnesses. <https://www.cdc.gov/respiratory-viruses/risk-factors/index.html>

**Viral respiratory diseases pose a serious threat, but by staying prepared, families and caregivers can prevent illness and stay healthy.**

Learn more about immune protection:

[CAREGIVERACTION.ORG/IMMUNITY](https://CAREGIVERACTION.ORG/IMMUNITY)