



David R
ARDS survivor

It's true. Something as common as the flu can lead to something deadly, Acute Respiratory Distress Syndrome. That's why ARDS Foundation is encouraging you to protect yourself and lower your risk of getting the flu. Wash your hands often. Drink plenty of liquids. Get enough sleep. And get a flu shot.



It's not too late. Get a flu shot today.

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Kelly V ARDS survivor

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Andrea R
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