
















# Protect Yourself!

Vaccines Prevent Diseases—Get the Facts

Influenza Vaccine Facts	Pneumonia Vaccine Facts	Hepatitis B Vaccine Facts
 Influenza, also called the flu, is a highly contagious and serious respiratory disease.	 Pneumonia is an infection of the lungs. It affects millions of people worldwide each year.	 Hepatitis B inflames the liver and limits its normal function.
 The flu poses especially serious risks to kidney patients.	 Pneumonia is caused by bacteria; it can lead to serious infections.	 Hepatitis B is a serious infection that can be life-threatening.
 Flu season is at its worst in February and can last until late May.	 Kidney patients are at increased risk from pneumonia infections.	 Hepatitis B is spread through contact with blood or body fluids.
 Getting a flu vaccine will help protect you from getting the flu.	 The pneumonia vaccine protects your body from many types of harmful bacteria.	 Dialysis patients are at increased risk for exposure to hepatitis B.
 The best time to get a flu shot is October or November of each year.	 You can receive a pneumonia vaccine at any time of year.	 The hepatitis B vaccine also protects against a form of liver cancer caused by the virus.
<b>Recommendation</b> Ask your healthcare team about which vaccine is best for you, then get it!	<b>Recommendation</b> There are two types of pneumonia vaccines. Talk to your healthcare team to ensure you receive both and/or if you require a booster shot.	<b>Recommendation</b> Get your Hepatitis B vaccine. It is usually given in a series of 3–4 doses.

## Dialysis Patients Are at an Increased Risk of Getting Preventable Viruses

For more information about these vaccines, speak with your healthcare team and visit these CDC websites:

[www.cdc.gov/flu](http://www.cdc.gov/flu) • [www.cdc.gov/vaccines/vpd/pneumo](http://www.cdc.gov/vaccines/vpd/pneumo) • [www.cdc.gov/hepatitis/hbv/vaccadults.htm](http://www.cdc.gov/hepatitis/hbv/vaccadults.htm)

Source: The Centers for Disease Control and Prevention (CDC)