

Vaccinating Against Influenza



Did you know?

- Your immune system is weakened due to chronic kidney disease.
- Influenza can result in hospitalization and death.
- Each year the virus mutates, and that is why you need to get a flu shot each year.
- Patients with chronic kidney disease should get the inactivated virus (not live) vaccine.

Influenza can:

- Cause fever, aching muscles, sore throat, and a cough.
- Increase the risk of dying in the elderly and people with weakened immune systems.
- Spread from person to person by droplets in the air.

What can I do to prevent getting the flu?

- Cover nose and mouth with your sleeve or tissue when you cough or sneeze.
- Wash your hands often.
- Avoid large crowds.
- If friends and family are sick, stay away until they are well.



Source: FotoSearch/Blend Image

Get vaccinated!

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