

Protect Yourself!

Get the Vaccinations You Need

**Dialysis patients
are at an increased
risk of getting
preventable viruses.**

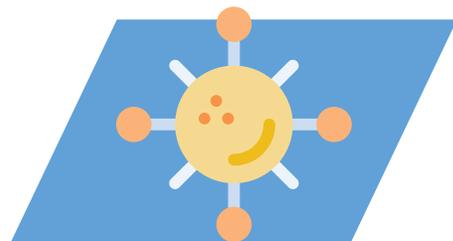


Vaccines Prevent Diseases—Know the Facts

Vaccines reduce the risk of infection. How? By working with your body's natural defenses to help it develop immunity to disease—safely.

When germs, such as bacteria or viruses, invade the body, they attack and multiply. This invasion is called an infection; infections are what cause illness. That is when your immune system kicks into play. Once your immune system fights off the infection, your body is left with a supply of cells that help recognize and fight that disease in the future. That is called natural immunity.

Vaccines help your body to develop immunity—before you get sick!



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 though 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.
<p>Recommendation Ask your healthcare team about which vaccine is best for you, then get it!</p>	<p>Recommendation 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.</p>	<p>Recommendation Get your Hepatitis B vaccine. It is usually given in a series of 3–4 doses.</p>

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

www.cdc.gov/flu • www.cdc.gov/vaccines/vpd/pneumo • www.cdc.gov/hepatitis/hbv/vaccadults.htm

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