



**FRESENIUS
KIDNEY CARE**



Choose to vaccinate

Stay safe this flu season with the flu vaccine.

The power to fight the flu is in your hands.

Flu season is here — and this year, it is especially important to get your flu vaccine. **NOW** is the time to protect yourself and those around you.

What's your flu IQ?

Is it important that I get the flu vaccine?

Yes. People with kidney disease are at greater risk for complications related to the flu. The flu vaccine can reduce your risk of getting sick with the flu, lessen the severity if you do get it, and might prevent flu-associated hospitalizations.

Do I need a flu vaccine every flu season?

Yes. Because flu viruses change each year, the vaccine is updated to fight the most current virus types.

Will the flu vaccine be available to me?

Yes. There are two vaccines available this year based on your age. These vaccines cover three different flu virus strains.

Can I get sick from the vaccines?

No. The vaccines will not give you the flu. However, after getting vaccinated, you may experience some mild side effects.

Join the millions of people who get vaccinated — protect yourself and those you love during flu season.

Knowledge is power.

The more you know about flu prevention, the more likely you are to stay healthy.

Talk to a healthcare professional before getting the flu vaccine:

- If you have an allergy to any of the ingredients in the vaccine¹
- If you've ever had Guillain-Barré syndrome (a severe paralyzing illness, also called GBS)²

Protect yourself — and your loved ones.

You can protect yourself and those around you by getting your flu vaccine today. It's up to you to get vaccinated and help prevent the spread of this contagious disease.

Stay healthy this flu season — get vaccinated.

Here are some simple tips that can help you avoid the flu:

1. Get your flu vaccine.
2. Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
3. Avoid touching your eyes, nose, or mouth.
4. Wear a mask if you have flu symptoms.
5. Practice social distancing. Avoid crowds and contact with sick people.
6. Practice good health habits like getting plenty of sleep and eating nutritious foods.
7. Prevent the spread of germs. Cough or sneeze into your elbow or cover your nose and mouth with a tissue.



**Have questions? Talk to your care team or visit
[FreseniusKidneyCare.com/Flu](https://www.freseniuskidneycare.com/Flu)**

1. <https://www.cdc.gov/flu/vaccines/index.html>

2. <https://www.cdc.gov/flu/vaccine-safety/index.html>