

Fighting the flu

There's nothing better than sharing time with family and friends. But flu season is here—and we all know how fast the flu can spread. Now is the time for you and those around you to get the flu vaccine.

Check your flu IQ

Is it important I get the flu vaccine?

YES. People with kidney disease are at greater risk for complications related to the flu. Since the flu is very contagious—spreading easily through coughing, sneezing, and close contact—doctors recommend you get the vaccine early in the season.

Do I need a flu vaccine every year?

YES. Flu viruses change each year, which is why the vaccine is updated to fight the most current virus types. It is recommended to get a yearly flu vaccine by the end of October, if possible.

Can I get the flu from the flu vaccine?

NO. The flu vaccine cannot give you the flu. However, some people may experience mild flu-like symptoms after getting the vaccine.

Tips to stay flu free

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Practice good health habits like getting plenty of sleep and eating nutritious foods.
- Avoid touching your eyes, nose, or mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Try to avoid crowds and close contact with sick people.



PROTECT YOURSELF AND LOVED ONES

Ask a member of your care team about getting your flu vaccine today. Have questions? Call us at 1-844-692-2723 or learn more at [FreseniusKidneyCare.com/Flu](https://www.FreseniusKidneyCare.com/Flu).