

Get the Facts About the Flu Vaccine



A resource to help you understand the facts about the flu vaccine.

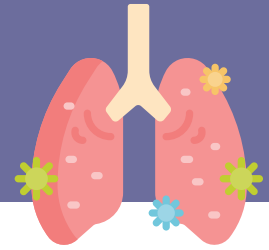
Myth	Fact
You can catch the flu from the vaccine.	The flu shot is made from a dead or inactivated virus that can't spread infection. It takes a week or two to get protection from the vaccine.
Getting the flu vaccine is all you need to do to protect yourself from the flu.	There are other steps to protect yourself during flu season: <ul style="list-style-type: none">• Avoid contact with people who have the flu.• Wash your hands frequently.• Consider taking medicine that fights off the flu if you were exposed to it before being vaccinated.
You don't need to get a flu shot every year.	The influenza virus changes (mutates) each year. So, getting vaccinated each year is important to make sure you have protection for the strains most likely to cause the flu.
Healthy people don't need to be vaccinated.	While it's especially important for people who have a chronic illness (kidney disease) to get the flu shot, anyone—even healthy folks—can benefit from being vaccinated.
The flu vaccine has many side effects.	The flu shot has one of the best safety records of any vaccine. The most common complaint is soreness and tenderness at the injection site.

The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months and older in the United States should get the flu vaccine. According to the CDC, people with chronic kidney disease at any stage, people who have had a kidney transplant, and people who treat with dialysis are at increased risk of severe illness from flu.

www.health.harvard.edu/diseases-and-conditions/10-flu-myths
www.ucsfhealth.org/education/top-seven-flu-myths-debunked



Get the Facts About the Pneumonia Vaccine



Pneumococcal disease is another term used to describe pneumonia. It is spread from person to person through coughing, sneezing, and close contact.

Myth	Fact
Pneumonia is not common nor serious.	Pneumonia can be very serious. It causes 150,000 people to go to the hospital each year.
There is no vaccine for pneumonia.	There are two kinds of vaccines used to help protect against pneumonia. Ask your healthcare team which is right for you.
Pneumonia vaccines aren't safe.	Side effects can occur. Most side effects are mild, meaning they do not affect daily activities.
Only adults aged 65 years and older are at risk for pneumonia.	Anyone can get pneumonia. High-risk groups include: <ul style="list-style-type: none">• People who smoke cigarettes• Certain chronic health conditions, including diabetes, kidney disease, and kidney transplant
You don't need a booster shot	Depending on which vaccine you receive, you may need to get a booster shot after one year and then every 5 years. Ask your healthcare team for more details.

The CDC recommends pneumonia vaccination for adults 19 through 64 years old who have certain chronic medical conditions or other risk factors. Like chronic renal failure and diabetes. The CDC recommends pneumonia vaccination for all adults 65 years or older.

www.nfid.org/infectious-diseases/pneumococcal-disease-myths-and-facts-for-consumers



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