



Protect yourself. Get the Vaccines You Need!

Vaccination is a safe, effective way to protect yourself from serious illness.



Vaccines recommended for dialysis patients:

Annual Flu Vaccine • Pneumonia Vaccine • Hepatitis Vaccine • COVID-19 Vaccine

Annual Influenza (Flu) Vaccine

- Influenza, also called the flu, is a contagious and serious respiratory disease.
- As a dialysis patient, if you get the flu you are more likely than others to develop serious problems.
- Each year there are different types of flu vaccines available; some are better suited for kidney patients. Ask your healthcare team about which flu vaccine is best for you.
- Receiving an annual flu vaccine will help protect you from getting the flu.
- According to the Centers for Disease Control and Prevention (CDC), influenza season usually is at its worst in February and can last until late May. The best time to receive a vaccine is October or November.

Pneumonia Vaccine

- Pneumonia, an infection of the lungs, needlessly affects millions of people worldwide each year.
- Pneumonia is caused by bacteria and can lead to serious infections.
- Pneumonia infections can often be prevented and can usually be treated.
- The pneumonia vaccine protects your body from many types of harmful bacteria.
- You should receive a pneumonia vaccine every five years.
- You can receive this vaccine any time of year.

Hepatitis Vaccine

- Hepatitis B causes the liver to become inflamed, and limits its normal functions. It is a serious infection that can be very dangerous and even life-threatening.
- Hepatitis B is spread through contact with blood or body fluids from someone who has the virus.
- Dialysis patients are at greater risk for exposure to this virus because of repeated access to the bloodstream during treatment.
- The hepatitis B vaccine is your best protection against the virus. It also protects against a form of liver cancer caused by hepatitis B.
- The hepatitis B vaccine is usually given in a series of three to four injections or doses over a six-month period.

continued on next page

COVID-19 Vaccine

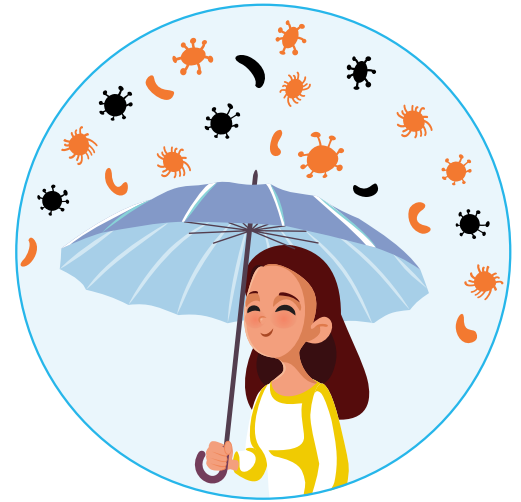
- Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus.
- COVID-19 vaccines help your body develop protection from the virus that causes COVID-19.
- Although vaccinated people sometimes get infected with the virus that causes COVID-19, staying up to date on COVID-19 vaccines significantly lowers the risk of getting very sick, being hospitalized, or dying from COVID-19.
- COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness.
- Patients on dialysis may also be at an increased risk of catching COVID-19.
- The CDC recommends that everyone stay up to date with COVID-19 vaccinations, including all primary series doses, boosters, and additional doses.

How Vaccines Prevent Diseases

Vaccines reduce the risk of infection by working with the body's natural defenses to help it safely develop immunity to disease.

When germs, such as bacteria or viruses, invade the body, they attack and multiply. This invasion is called an infection, and the infection is what causes illness. The immune system then has to fight the infection. Once it fights off the infection, the body is left with a supply of cells that help recognize and fight that disease in the future.

Vaccines help develop immunity by imitating an infection, but this “imitation” infection does not cause illness. It does, however, cause the immune system to develop the same response as it would to a real infection, so the body can recognize and fight the vaccine-preventable disease in the future.



Source: Centers for Disease Control and Prevention (CDC)

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

www.cdc.gov/flu • www.cdc.gov/pneumococcal/vaccination.html • www.cdc.gov/hepatitis/abc
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

To file a grievance, please contact us:

IPRO End-Stage Renal Disease Network Program

Corporate Office: 1979 Marcus Avenue, Lake Success, NY 11042-1072

- Patient Services: (516) 231-9767 • Toll-Free: (800) 238-3773
- Email: esrdnetworkprogram@ipro.us • Web: esrd.ipro.org

Developed by the IPRO ESRD Network Program while under contract with the Centers for Medicare & Medicaid Services.
Contract # 75FCMC19D0029 Publication # ESRD.IPRO-G3-NW-20220926-134 v.1a 11/22/2022

This material was prepared by HSAG: ESRD Network 15, and adapted by IPRO, the End-Stage Renal Disease Organization for the Network of New England, Network of New York, Network of the South Atlantic, and Network of the Ohio River Valley, prepared this material under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. CMS Contract Number: 75FCMC19D0029. CMS Task Order Numbers: 75FCMC21F0001 (Network 1), 75FCMC21F0002 (Network 2), 75FCMC21F0003 (Network 6), 75FCMC21F0004 (Network 9).