

DON'T LET THE BUG CATCH YOU!



Take time to get vaccinated.



•Kidney patients are at high risk for catching the flu and are advised to get the **Seasonal Flu Vaccine**. The seasonal flu vaccine protects against the three most common flu viruses.

•Also available this Fall is the H1N1 (Swine) Flu Vaccine. Only the H1N1 vaccine protects against the H1N1 flu. Talk to your doctor about H1N1.

Take everyday preventive actions.



•Wash your hands often with soap and water. Alcohol-based hand cleaners are also effective.

•Avoid touching your eyes, nose or mouth. Germs spread this way.

•Avoid close contact with sick people.

If you do get the flu:



•Cover your nose and mouth with a tissue when you cough or sneeze to keep from spreading flu viruses to others. Throw the tissue away after you use it and wash your hands afterwards.

• Instead of covering your mouth with your bare hands, sneeze or cough into the crook of your elbow to keep from spreading germs.

• Continue to wash your hands often with soap and water, especially after you cough or sneeze.

• Avoid unnecessary contact to keep from infecting others and spreading the virus. Call your dialysis unit to let them know you have the flu and to discuss your dialysis treatment and care while you are sick.

**Stay informed: Visit Kidney Patient News on the Web
at <http://www.kidneypatientnews.org>**



Published under CMS contracts
HHSM-500-2006-NW 009C
& HHSM-500-2006-NW 010C

www.TheRenalNetwork.org
www.KidneyPatientNews.org

911 E. 86th Street, Suite 202
Indianapolis, IN 46240
Patient Line: 800-456-6919