

AUGUST



ALLIANT  
HEALTH SOLUTIONS



END STAGE RENAL DISEASE  
NETWORKS 8 & 14

# Winter is Coming! Get Your Vaccines!

As a kidney patient, you should stay up to date on vaccines. Two main vaccines are flu and pneumococcal.

## Flu Vaccine

A flu vaccine (also called the flu shot) should be received each year to protect against seasonal flu. Flu symptoms can include fever, chills, sore throat, body aches, cough, headaches, tiredness, and a runny or stuffy nose. The flu can be a serious illness for people with a weaker immune system.

## Pneumococcal Vaccines

Pneumococcal vaccines (both types) help protect against pneumonia and other pneumococcal diseases. Pneumococcal infections can range from ear and sinus infections to pneumonia and bloodstream infections. Symptoms depend on the part of the body that is infected. Most pneumococcal infections are mild, but some can cause death or long-term problems. The two types of pneumococcal vaccines are:

- Pneumococcal conjugate vaccines (PCV13, PCV15, and PCV20)
- Pneumococcal polysaccharide vaccine (PPSV23)

Dialysis patients should receive both vaccines.

## COVID-19 vaccines

A COVID-19 vaccine and suggested boosters should be received each year to protect against COVID-19 and its variations. COVID symptoms can include fever, chills, shortness of breath, body aches, cough, headaches, loss of taste or smell, and tiredness. COVID can be a serious illness for people with a weaker immune system.

Remember, vaccines not only help protect you, but they also help protect others.

Talk to your doctor if you have questions about the flu, pneumococcal, or COVID vaccines.

