

# Choose to vaccinate

Stay safe this flu season with the flu and COVID-19 vaccines.



## The power to fight the flu is in your hands.

Flu season is here—and this year, it is especially important to get your flu vaccine. **NOW** is the time to protect yourself and those around you.

## What's your flu IQ?

### Is it important that I get both the flu and COVID-19 vaccines?

**Yes.** People with kidney disease are at greater risk for complications that can be related to flu and COVID-19.<sup>1</sup> The viruses that cause the flu and COVID-19 may be spreading at the same time, and it's possible to test positive for both at once.

### Do I need a flu vaccine every flu season?

**Yes.** Because flu viruses change each year, the vaccine is updated to fight the most current virus types.

### Will the flu vaccine be available to me?

**Yes.** There are two vaccines available this year based on your age. These vaccines cover three different flu virus strains.

### Can I get sick from the vaccines?

**No.** The vaccines will not give you the flu or COVID-19. However, after getting vaccinated, you may experience some mild side effects.

### Can I get the flu and COVID-19 vaccines at the same time?

**Yes.** COVID-19 vaccines and other vaccines may be given on the same day.<sup>1</sup>

### Will a flu vaccine protect me against COVID-19?

**No.** Getting the flu vaccine will not protect against COVID-19. The vaccines are developed to train your body to fight the specific virus, so it's important to get both vaccines.

1. [cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html#Coadministration](https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html#Coadministration)

# Join the millions of people who get vaccinated—protect yourself and those you love during flu season.

## Knowledge is power.

The more you know about flu prevention, the more likely you are to stay healthy.

Talk to a healthcare professional before getting the flu vaccine:

- If you have an allergy to any of the ingredients in the vaccine<sup>2</sup>
- If you've ever had Guillain-Barré syndrome (a severe paralyzing illness, also called GBS)<sup>2</sup>

## Protect yourself—and your loved ones.

You can protect yourself and those around you by getting your flu vaccine today. Talk to your nurse about also getting the COVID-19 vaccine. It's up to you to get vaccinated and help prevent the spread of these contagious diseases.

## Stay healthy this flu season—get vaccinated.

Here are some simple tips that can help you avoid the flu and COVID-19:

1. Get your flu and COVID-19 vaccines.
2. Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
3. Avoid touching your eyes, nose, or mouth.
4. Wear a mask if you have flu or COVID-19 symptoms.
5. Practice social distancing. Avoid crowds and contact with sick people.
6. Practice good health habits like getting plenty of sleep and eating nutritious foods.
7. Prevent the spread of germs. Cough or sneeze into your elbow or cover your nose and mouth with a tissue.



**Have questions? Talk to your care team or visit [FreseniusKidneyCare.com/Flu](https://www.FreseniusKidneyCare.com/Flu)**

2. [cdc.gov/flu/prevent/whoshouldvax.htm](https://www.cdc.gov/flu/prevent/whoshouldvax.htm)