

# Fighting the flu

There's nothing better than sharing time with family and friends. But flu season is here—and we all know how fast the flu can spread. Now is the time for you and those around you to get the flu shot.

## Check your flu IQ

### Is it important I get the flu shot?

**YES.** People with kidney disease are at greater risk for complications related to the flu. Since the flu is very contagious—spreading easily through coughing, sneezing and close contact—doctors recommend you get the shot early in the season.

### Do I need a flu shot every year?

**YES.** Flu viruses change each year, which is why the vaccine is updated to fight the most current virus types. It is recommended to get a yearly flu vaccine by the end of October, if possible.

### Can I get the flu from the flu shot?

**NO.** The flu shot cannot give you the flu. However, some people may experience mild flu-like symptoms after getting the shot.

## Tips to stay flu free

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose or mouth.
- Try to avoid crowds and close contact with sick people.
- Practice good health habits like getting plenty of sleep and eating nutritious foods.
- Cover your nose and mouth with a tissue when you cough or sneeze.



### PROTECT YOURSELF AND LOVED ONES

Ask a member of your care team about getting your flu shot today. Have questions? Call us at 1-844-692-2723 or learn more at [www.FreseniusKidneyCare.com/Flu](http://www.FreseniusKidneyCare.com/Flu).