



The Flu Season is Coming!

Stopping the
FLU
Is up to YOU!

FLU FACTS

- October to November is the best time to get a flu shot, but you can get one after that too
- Shots are given at **no** cost to Medicare clients
- The flu shot **cannot** cause the flu
- ESRD patients **cannot** take the nasal form of the flu shot



How do I know if it's the flu, or just a cold?

Symptoms	Cold	Flu
Fever	Rarely Occurs	High fever is common
Cough	Productive cough	Dry, non-productive cough
Stuffy nose	Common	Not common
Sore throat	Common	Not common
Headache	Rarely occurs	Common
Muscle aches	Mild	Common, often severe
Tiredness/weakness (fatigue)	Uncommon	Severe, lasting up to 3 weeks
Exhaustion	Never	Noticeable, early onset
Onset	Gradual	Sudden

Prevention Tips

- Wash your hands often with soap and warm water
- Cover your nose and mouth with a tissue when you cough or sneeze, do not use your hands
- Stay home if you have a fever and avoid contact with others
- Be sure to call your dialysis center to tell them you are sick, they can answer any questions you may have!

