




# Immunizations are the Key





## IMMUNIZATIONS: The Key to a Healthier You

*Facts about immunizations that all  
dialysis patients need to know!*




### ~Influenza (Flu) ~

-  **Prevents death** ~ Each year over 36,000 people in the U.S. die because of the flu—most are over 65 years old.
-  **Must be taken every year** ~ The flu viruses are constantly changing. Therefore, the vaccines are updated each year and should be taken annually between October and January.
-  **Prevents severe illness** ~ The flu puts over 114,000 people in the hospital each year in the U.S. People over 65 are most likely to be hospitalized.

### ~Pneumonia~

-  **Prevents death** ~ About one out of every 20 people who get pneumonia dies from it.
-  **Protects against 23 types of pneumococcal bacteria** ~ A one-time shot usually gives protection from pneumococcal disease. In some instances you may need a second shot after five years. The shot can be given at ANY time of year.

### ~Hepatitis B~

-  **Prevents death** ~ Each year more than 80,000 people are infected with the Hepatitis B virus. Over 5,000 people die from chronic Hepatitis B.
-  **Increased risk of infection** ~ Hemodialysis patients are at an increased risk of Hepatitis B virus infection.
-  **Prevents Cancer** ~ The Hepatitis B vaccine not only prevents Hepatitis B virus but it also can prevent a form of liver cancer.

**ALL OF THE VACCINES ARE SAFE AND EFFECTIVE. PLEASE  
ASK YOUR DOCTOR FOR MORE INFORMATION.**

