



Get Your Immunizations *Protect your health!*

How can I increase my engagement this month?

- **Learn about immunizations.**
 - **Immunizations** are also called **vaccinations**, and they are usually given in a shot.
 - A **shot** is sometimes called an **injection**.
 - Immunizations protect people from getting diseases. For example, if you get an influenza vaccination (or shot), you may or may not get the flu.
- **Learn about the most important immunizations for people with kidney disease.**
 - Hepatitis B virus (HBV) – protects you from getting Hepatitis B. The Hepatitis B immunization is made up of a number of shots.
 - Pneumococcal – protects you from getting pneumonia and other diseases
 - Influenza – protects you from getting the flu
- **Nurses, social workers, and other healthcare professionals enjoy helping people stay healthy.** When you want to learn about immunizations, you can:
 - Ask your dialysis nurse or social worker
 - Ask a nurse at your church or religious institution
 - Ask a nurse at your child or grandchild's school
 - Attend a Plan of Care meeting with your Care Team to talk about immunizations
- **Ask your facility social worker about information on how to pay for immunizations.**
 - You may have to pay part of the cost, but many vaccines that stop diseases are covered by insurance and/or Medicare Part B. Your social worker can help you understand what to do.
- **Keep a list of your immunizations and the date given**

Why should I increase my engagement by getting my immunizations?

- If you get Hepatitis B, you will have to take your dialysis treatments in an isolation room. If your facility does not have an isolation room, you will have to transfer to a different facility.
- Most people get vaccinations to attend school when they are young. You probably got these shots when you were a child, and it is even more important to get immunizations now that you are on dialysis!
- You want to protect your loved ones from diseases. If you get sick with pneumonia or Hepatitis B, your friends, family, and other patients can catch the disease from you.

Activity: True or False

1. Another word for shot is injection?
2. Your family, friends, and other patients cannot catch the flu from you?



This information was created **BY** ESRD patients **FOR** ESRD patients!

To file a grievance or for questions, contact Network #14 at 1-877-886-4435 (phone), 972-503-3219 (fax), info@nw14.esrd.net, 4099 McEwen Rd, Suite 820, Dallas, TX 75244, or www.esrdnetwork.org.