

# What Kidney Patients Need to Know about the COVID-19 Vaccine

- People who are older or have chronic health conditions (such as kidney failure) appear to be at highest risk for having the severe form of the infection.
- Compared to the general population, COVID-19 infections appear to be more common in dialysis patients AND the risk of dying from COVID-19 infection appears to be higher.
- Vaccines are used to help teach our body's immune system to fight off specific infection and the COVID-19 vaccine can help protect you from the virus.

## Some important things to know about the vaccine:

- COVID-19 vaccines DO NOT cause COVID-19 infection. None of the COVID-19 vaccines currently in development, or in use in the United States, contain the live virus that causes COVID-19.
- The COVID-19 vaccine can cause some side effects including injection site pain, muscle aches, fever.
- These symptoms are normal and are a sign that the body is building up your defenses against infection ("immunity") but you still must let your dialysis team know if you have any of these symptoms.

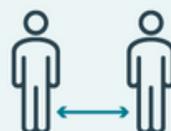
## After getting a vaccine, continue to practice precautions

- It takes a few weeks for the body to build immunity after vaccination as it is possible to become infected either during or after receiving your vaccine.
- Even after vaccination, continue to wear a mask, wash your hands often, and stay socially distant from others.

**ACT NOW!**



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS

*Image credit: CDC website*

## The CDC recommends:

- Get vaccinated to help prevent you and others from getting sick with COVID-19.
- People who have had COVID-19 should still get vaccinated.
- Visit the Centers for Disease Control and Prevention (CDC) website for up-to-date information at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits/facts.html>

## Be a Health Hero at your dialysis center

- It is critically important that you wear a mask during your entire dialysis treatment!
- Practice good hand hygiene. Care for and clean your access.
- Don't skip treatments. If you don't feel well, call your clinic for guidance.



*References: Kooman JP, van der Sande FM. COVID-19 in ESRD and Acute Kidney Injury. Blood Purif. 2020; DOI: 10.1159/000513214.*

*"I always mask up. I carry spares in my purse and car just in case I forget to bring one."  
- Patti B.*

*"I love interacting with others; however, I practice social distancing and always avoid large crowds." - Precious M.*

*"As an in-center patient I attend clinic 3 times a week. Following CDC Guidelines I've kept myself safe, COVID free & well." - Stephanie D.*

*"I fear the virus more than the vaccine. Mild to moderate side effects one day after first shot and two days after second. So glad I got the vaccine. If you can get through dialysis you can get through the vaccine." - Patty D.*

*"I received my second shot two weeks ago, and since then I feel a heavy weight has been lifted from my body. I am happy to have received the vaccine and still saddened by the many lives we've lost. I believe that getting vaccinated is how we stop this tragic wave of pain created by COVID-19." - Gary M.*

*"Due to our underlying health issues, we do not want to add Covid-19 to it.  
1. Get Vaccinated, 2. Wear a mask, 3. Stay six feet apart." - Terry P.*