

## Don't forget to get your Flu vaccine!

If you have kidney disease it's really important that you get your flu vaccine.

### Why is this important for you?

People who have kidney disease are more likely to become seriously ill from flu if they catch it and are over 18 times more likely to die from complications of having flu than healthy people.

### You have kidney disease if you have been told you have;

Kidney disease at stages 3, 4 or 5

Chronic kidney failure or Chronic kidney disease (CKD)

Nephrotic syndrome

**Or**

If you are on kidney dialysis

If you are waiting for a kidney transplant or have had a kidney transplant

**\*Please speak to your GP, Practice Nurse or Consultant if you are unsure if you need a flu vaccine**

### How can I protect myself?

The best way to protect yourself from flu is to have your FREE Flu vaccine every year.

### Where can I get my Flu vaccine?

Everybody who is eligible for a Free Flu vaccine can get one at their **GP Practice** – Book your appointment as soon as possible.

You can also get your Free Flu vaccine from a **Community Pharmacy** – ask at your local pharmacy.

Some **Hospitals** also offer Free Flu vaccines - please ask at your appointment.

## **Carers**

If you receive a carer's allowance or are the primary carer for an elderly or disabled person whose welfare would be affected if you were ill, you can also receive a Free flu vaccine.

## **What is Flu?**

Flu is not just a bad cold!

It is a very infectious disease with symptoms that come on very quickly. Symptoms include; fever, chills, headache, aches and pains and extreme tiredness, making you feel exhausted and too unwell to carry on as normal.

## **Frequently Asked Questions**

Q. Will the vaccine give me flu?

A. No. The injectable vaccine contains an inactive form of the virus which cannot cause flu. Some people may have a sore arm and mild aches and pains which should only last 48 hours.

Q. Is the vaccine safe?

A. Yes. The vaccine is known to be very safe and can be given to babies and very elderly people with very few problems.

Q. Do I need a Flu vaccine every year?

A. Yes. The flu virus can change every year. Flu vaccines are updated each winter to give protection against the strains of flu that are most likely to be going around. This is why it is strongly recommended that you get vaccinated every year.

Q. I think I have already had flu. Do I still need a vaccination?

A. Yes. There is more than one type of flu virus, the vaccine will help to protect you against other flu viruses.

Q. Can flu be treated with antibiotics?

A. No. Flu is a virus and the only way to be really protected is with a flu vaccine.