

Get Your Shot: Not Flu



**Don't Wait.
Get Your Flu
Shot Today!**



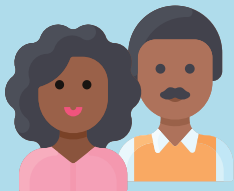
Washing hands, social distancing, and wearing a mask help protect you from viruses. These are important protections, but alone, they are not enough to protect you against flu. **Get your flu shot, too.**



It is important that people on dialysis or who have a transplant get their flu vaccine. **During this flu season, it is more important than ever to protect yourself** and the people around you from flu.



Remember: you need a flu vaccine every year. Flu viruses change and the protection from the vaccine declines over time.



Protect yourself and your family against flu. Ask your family and caregivers to get their flu shots, too.



Ask your dialysis center or kidney doctor about getting a flu shot today. You will be asked a few screening questions before receiving the vaccine. Be sure you answer the questions carefully.

A flu shot should be free-of-charge. It is available at most healthcare provider offices, local pharmacies, senior centers, and health centers.

Interested in learning more about preventing flu? Do you have questions about flu vaccine safety or other concerns? Visit www.cdc.gov/flu.

For more information visit www.esrdncc.org/flu.



*Scan with your mobile device's camera.
Follow the instructions.*



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