

Vaccinations, Flu Shot and Pneumonia Shot When You have Chronic Kidney Disease

When you have chronic kidney disease your immune system is weakened. It is therefore important to get recommended immunizations, flu shot and pneumonia shots to help keep you healthy.

Vaccines can prevent certain illnesses. They may also lessen the severity of symptoms of illnesses like the flu if infection occurs. Being up to date on your vaccines helps protect you and your family.

The Centre for Disease Control and Prevention (CDC) suggests that people with chronic kidney disease be immunized for:

- Hepatitis B
- Flu (Influenza) each year in October or November before flu season starts
- Pneumonia (Pneumococcal) at time of diagnosis with chronic kidney disease and 1 lifetime re-immunization 10 years apart
- Tetanus and diphtheria (Td)
- Measles, Mumps and Rubella (MMR)
- Shingles



Flu Shot – also called Influenza Vaccine

- You should get the flu shot in October or November before flu season begins.
- A new shot is needed every year as the viruses that cause flu can change.
- The flu shot does not contain live virus so it cannot give you the flu.
- Tell your health care professional if you have any allergies to be sure the flu shot is safe for you.
- The most common side effect from the flu shot is arm soreness.
- For more information about the flu shot talk to a member of our health care team.

Things you can do to stay healthy with vaccinations:

- Ask what vaccines are recommended for a person with chronic kidney disease.
- Keep a current record of your vaccinations.
- Be sure the health care provider giving the vaccine knows you have chronic kidney disease.
- Talk to your doctor, nurse practitioner or health care provider to make sure you are getting all the vaccinations you need to protect your health

Remember....These recommendations do not apply for chronic kidney patients with a recent kidney transplant.