

Adults Need Vaccines Too!



Did you
get your
flu shot?

Flu (influenza) is an infection of the nose, throat and lungs, which are part of the respiratory system.

FLU: Myth or Fact?

Not everything we read or hear is true, especially when it comes to vaccines.



Myth: If I get the flu shot I will get the flu.

Fact: You CANNOT get the flu from the flu shot.

Myth: I'm healthy so I don't need vaccines.

Fact: As we age, our immune systems weaken, which increases our risk for illnesses. Vaccines protect you and your family.



Rx PATIENT: _____

Do you have:

- Chronic Kidney Disease (CKD)
- Trouble breathing (COPD)
- Heart disease
- Diabetes

If you have any of these, you are at higher risk for the flu and other illnesses. You have the power to protect yourself and those you love. Ask your doctor what vaccines you need to stay healthy.

SIGNATURE: _____ DATE: _____



For more patient education resources about vaccines, visit our website by scanning the QR code above with your smartphone.



Quality
Insights
Renal Network 4

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