

## How Vaccines Prevent Diseases

Vaccines reduce the risk of infection by working with the body's natural defenses to help it safely develop immunity to disease.

When germs, such as bacteria or viruses, invade the body, they attack and multiply. This invasion is called an infection, and the infection is what causes illness. The immune system then has to fight the infection. Once it fights off the infection, the body is left with a supply of cells that help recognize and fight that disease in the future.

Vaccines help develop immunity by imitating an infection, but this "imitation" infection does not cause illness. It does, however, cause the immune system to develop the same response as it would to a real infection, so the body can recognize and fight the vaccine-preventable disease in the future.

*Source: Centers for Disease Control and Prevention (CDC)*



Developed by IPRO ESRD Network of the South Atlantic while under contract with Centers for Medicare & Medicaid Services. Contract HHSM-500-2016-00006C



End-Stage Renal Disease  
Network of the South Atlantic



End-Stage Renal Disease  
Network of the South Atlantic



**Protect yourself.  
Get the  
Vaccines  
You Need!**

**Vaccination is a safe, effective way to protect yourself from serious illness.**

For more information or to file a grievance, please contact us:

End-Stage Renal Disease  
Network of the South Atlantic  
909 Aviation Parkway, Suite 300  
Morrisville, NC 27560

Toll-Free Patient Phone:  
(800) 524-7139

Main Phone: (919) 463-4500

Fax: (919) 388-9637

E-mail: [info@nw6.esrd.net](mailto:info@nw6.esrd.net)

website: [esrd.ipro.org](http://esrd.ipro.org)

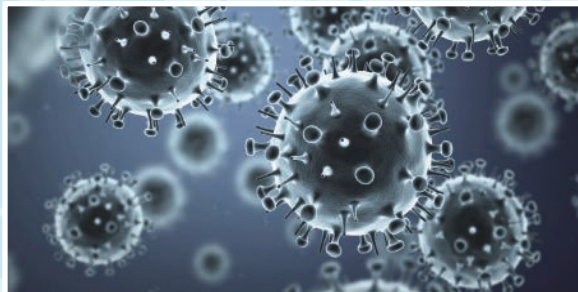
**Vaccines recommended for dialysis patients:**

- Annual Flu Vaccine
- Pneumonia Vaccine
- Hepatitis Vaccine

IPRO End-Stage Renal Disease  
Network of the South Atlantic

(800) 524-7139  
[esrd.ipro.org](http://esrd.ipro.org)

## Annual Influenza (Flu) Vaccine



- Influenza, also called the flu, is a contagious and serious respiratory disease.
- As a dialysis patient, if you get the flu you are more likely than others to develop serious problems.
- Each year there are different types of flu vaccines available; some are better suited for kidney patients. Ask your healthcare team about which flu vaccine is best for you.
- Receiving an annual flu vaccine will help protect you from getting the flu.
- According to the Centers for Disease Control and Prevention (CDC), influenza season usually is at its worst in February and can last until late May. The best time to receive a vaccine is October or November.

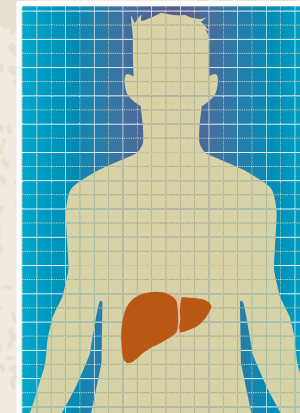
## Pneumonia Vaccine

- Pneumonia, an infection of the lungs, needlessly affects millions of people worldwide each year.
- Pneumonia is caused by bacteria and can lead to serious infections.
- Pneumonia infections can often be prevented and can usually be treated.
- The pneumonia vaccine protects your body from many types of harmful bacteria.
- You should receive a pneumonia vaccine every five years.
- You can receive this vaccine any time of year.



## Hepatitis Vaccine

- Hepatitis B causes the liver to become inflamed, and limits its normal functions. It is a serious infection that can be very dangerous and even life-threatening.
- Hepatitis B is spread through contact with blood or body fluids from someone who has the virus.
- Dialysis patients are at greater risk for exposure to this virus because of repeated access to the bloodstream during treatment.
- The hepatitis B vaccine is your best protection against the virus. It also protects against a form of liver cancer caused by hepatitis B.
- The hepatitis B vaccine is usually given in a series of three to four injections or doses over a six-month period.



For more information about these vaccines,  
speak with your healthcare team and visit these CDC website pages:

[www.cdc.gov/flu](http://www.cdc.gov/flu) • [www.cdc.gov/pneumococcal/vaccination.html](http://www.cdc.gov/pneumococcal/vaccination.html) • [www.cdc.gov/hepatitis/abc](http://www.cdc.gov/hepatitis/abc)