

Flu Risk Still High, Take Steps to Be Protected

Flu season doesn't officially end until May, and typically we see the flu "peak" around this time. However, this year the virus is especially harmful and active with cases still increasing. If you haven't already received a flu vaccine, the Centers for Disease Control (CDC) recommends you still get immunized to decrease your chances of becoming infected with this year's virus. As kidney disease patients, you are especially susceptible to catching the flu. It is important to take precautionary steps to prevent infection. Learn more about this year's virus and information on the vaccine by visiting the CDC's flu hub: www.cdc.gov/flu

People at High Risk of Developing Flu-Related Complications

- Children younger than 5, but especially younger than 2 years old
- Adults 65 and older
- Pregnant women
- Residents of nursing homes and other long-term care facilities

People who have medical conditions including:

- Asthma
- Neurological conditions
- Chronic Lung Disease
- Heart Disease
- Blood Disorders
- Endocrine Disorders (like [Diabetes](#))
- Kidney Disorders
- Weakened Immune Systems

© 2017 The Dialysis Patients Citizens (DPC) Education Center. All rights reserved. Unauthorized use prohibited. The information contained in this website is not a substitute for medical advice or treatment, and consultation with your doctor or healthcare professional is strongly recommended. The DPC Education Center is a section 501(c)(3) non-profit charity (37-1698796). Contributions are tax deductible to the fullest extent permitted by the law.