VACCINATION AND DIALYSIS
What You Should Know

VACCINES HELP PROTECT YOU FROM SERIOUS INFECTIOUS DISEASES
Vaccines help prevent serious diseases caused by infections from certain germs (viruses or bacteria).

- **40,000 to 50,000**
  - Adults die from vaccine-preventable diseases in the US each year

- **~300,000**
  - Americans are hospitalized from the flu each year

- **700,000 to 1.4 million**
  - Americans have chronic hepatitis B virus infection

- **~6 days**
  - Average length of stay for adults hospitalized with pneumococcal pneumonia

Vaccines are an important part of healthcare for everyone, especially those on dialysis.

People on dialysis and older adults have a greater chance of getting an infection.

Their immune systems can be weaker, making it harder to fight off infections.

They have a greater chance of that infection becoming serious.
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STAY UP TO DATE WITH YOUR VACCINATIONS

Organize your vaccination records and keep them in one place.

Ask your healthcare providers for any records you might not have, and if there are vaccines you may still need.

Some vaccines are given when you travel, so check with your healthcare provider before any planned trips.

Certain vaccines may be recommended for patients on dialysis:

- Flu (influenza)
- Hepatitis B virus (HBV)
- Hepatitis A virus (HAV)
- Pneumococcal
- Tetanus, diphtheria, pertussis (Td/Tdap)
- Measles, mumps and rubella (MMR)
- Haemophilus influenzae type b (Hib)
- Varicella (Chickenpox)
- Meningococcal
- Shingles
- HPV

a) Ask your healthcare provider about timing and frequency. Does not apply to transplant recipients.
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TAKE OTHER STEPS TO REDUCE RISK OF INFECTION

✔ Wash your hands
✔ Avoid touching your face and rubbing your eyes, especially after touching doorknobs and other objects
✔ Do not share a drinking glass with others
✔ Use safe cooking practices, such as properly cooking meat, poultry and eggs

If you are receiving dialysis, make sure the dialysis technician does the following:

✔ Washes his or her hands
✔ Wears clean gloves, gown, and protective eyewear
✔ Cleans and disinfects the treatment area
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MORE QUESTIONS?

Talk to your healthcare provider or contact the following organizations:

National Kidney Foundation:
1.855.NKF.CARES (1.855.653.2273)
nfkcares@kidney.org
kidney.org

Centers for Disease Control and Prevention (CDC):
1.800.CDC.INFO (1.800.232.4636)
cdc.gov/vaccines/default.htm

National Foundation for Infectious Diseases:
301.656.0003
nfid.org

REFERENCES


