The Centers for Disease Control recommends yearly vaccination against the FLU virus for all transplant patients AND their families. 
Reference: www.cdc.gov

Flu Facts
- You CAN’T catch the flu from the vaccine.
- You CAN spread the virus to others even before you have symptoms.
- Flu infection is NOT just a cold. It CAN cause life threatening illness.
- The flu virus DOES change, which is why a new vaccine is needed every year.
- Flu vaccine does NOT cause organ rejection.
- Transplant patients CAN’T get the nasal vaccine.

Dangers of Flu in Transplant Patients
- 1 in 4 develop pneumonia
- 2 in 3 require hospitalization
- 1 in 10 need the intensive care unit
- 2 in 25 need a breathing machine
- 1 in 25 die from flu
Flu vaccine can prevent transplant patients from dying.

Flu Symptoms
- fever
- chills
- sore throat
- muscle aches
- belly pain
- cough
- headache
- vomiting or diarrhea
- runny or stuffy nose

Viral medicine is most effective when started early. See your doctor as soon as you start feeling sick or have been near a person with flu.

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