

The **Centers for Disease Control** recommends yearly vaccination against the FLU virus for all transplant patients **AND** their families.

Reference: www.cdc.gov

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.

Reference: Clin Infect Dis. 2018 Apr 7. doi: 10.1093/cid/ciy294 .

Flu Symptoms

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

get your

Flu Shot




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.

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.