

PROTECT YOUR KIDNEYS AND YOUR HEART:

Get **vaccinated!**



YOUR HEART AND KIDNEYS WORK TOGETHER



When you protect one, you help protect the other.



Provincial Health Services Authority

Why Vaccination Matters for People Living with Kidney Disease

- COVID-19, Flu, and Pneumococcal infections can be more serious for people with kidney conditions.
- These infections may worsen kidney function and put added stress on the heart.
- Vaccines help prevent severe illness, hospitalizations, and complications.



Vaccination protects not only you, but also your family and community!

Vaccines to Stay Protected

- **COVID-19 vaccine**
Stay up to date with boosters
- **Flu vaccine**
Every year
- **Pneumococcal vaccine**
Protects against pneumonia and other serious infections

What You Can Do

- Ask your primary care provider or kidney care team member if you have questions about vaccines.