

What is the flu?

You may have had friends or family who have had the flu before — maybe even you’ve gotten sick with it, too. There’s a flu season that comes every year, usually between October and March. Sometimes people feel really sick with the flu, sometimes only a little sick. Some or all of these things can happen:



- ⊗ Fever
- ⊗ Really tired
- ⊗ Headache
- ⊗ Cough
- ⊗ Sore throat
- ⊗ Aches
- ⊗ Runny nose
- ⊗ Upset stomach

To avoid getting seasonal flu, make sure you get a vaccination every year. If you do get seasonal flu, it’s important to tell your dialysis facility and talk to your doctor about what to do.

What is H1N1 (swine flu)?

You may have heard people on TV talk about swine flu. In Spring of 2009, people all around the world started getting sick with what doctors thought was swine flu at first. But after scientists did more research, they found out that what was actually making people sick was a whole new virus. This new virus, called H1N1, spreads from person-to-person just like the seasonal flu. Because so many people got sick around the world, scientists decided that there was a pandemic.

During a pandemic, people around the world get sick and spread the sickness to other people. If a flu pandemic hits where you live, you have to be ready. But don’t worry – there are lots of things you can do to help you and your family stay healthy.

What can you do?

Getting ready means talking with your dialysis facility, friends, and family about how to stay healthy.

One of the best ways to stay healthy is to wash your hands — every time you go to the bathroom and before you eat. You should wash your hands for 20 seconds each time. If you don’t know how long that is, sing the “Happy Birthday” song twice all the way through — that’s 20 seconds!

