

# Diabetes & Adult Immunizations



“Start *the* Conversation...”



*Talk with your health  
care provider about the  
immunizations you need.*

Did you know that having **DIABETES** (both type 1 and type 2) puts you at higher risk for serious problems from certain vaccine-preventable diseases?

If you have **DIABETES**, talk with your health care provider about these vaccines:

- **Flu Vaccine:** every year to protect against seasonal flu
- **Pneumococcal Vaccine series:** protects against serious pneumococcal diseases
- **Hepatitis B Vaccine:** protects against hepatitis B
- **Tdap Vaccine:** protects against tetanus, diphtheria, and pertussis (whooping cough)
- **Zoster Vaccine:** protects against shingles if you are 60 years or older

**Did you know?**

- Having diabetes can make it harder for your immune system to fight infections, so you may be at greater risk of complications from an illness.
- Some illnesses, like influenza, can raise your blood glucose (blood sugar) to high levels.
- People with diabetes have higher rates of hepatitis B. Outbreaks of hepatitis B linked with blood glucose (blood sugar) monitoring procedures have happened among people living with diabetes.
- Having diabetes increases the risk of death from:
  - Pneumonia (lung infection),
  - Bacteremia (blood infection) and
  - Meningitis (infection of the lining of the brain and spinal cord).

**Vaccines are the best and safest way to protect yourself. Talk with your health care provider today!**