

What You Need to Know About Diabetes and Adult Vaccines

Each year thousands of adults in the United States suffer serious health problems from diseases that could be prevented by vaccines — some people are hospitalized, and some even die. People with diabetes (both type 1 and type 2) are at higher risk for serious problems from certain vaccine-preventable diseases.

Vaccines are important for you.

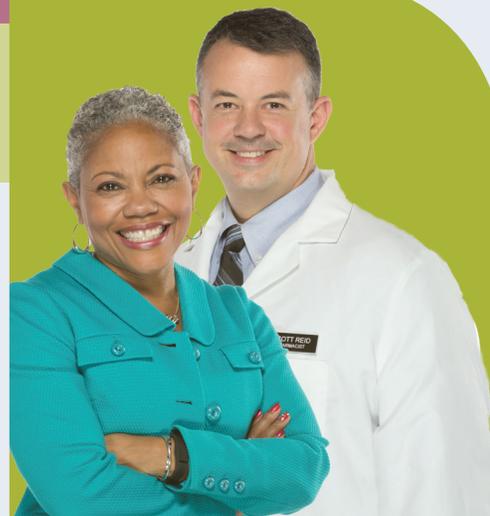
Diabetes, even if well managed, can make it harder for your immune system to fight infections, so you may be at risk for more serious complications from an illness compared to people without diabetes.

That's why you should talk to your healthcare professional to make sure you have all the vaccines you need.

- Some illnesses, like influenza, can raise your blood glucose to dangerously high levels. **That's why a flu vaccine every year is important.**
- People with diabetes have higher rates of hepatitis B than the rest of the population. Outbreaks of hepatitis B associated with blood glucose monitoring procedures have occurred among people with diabetes. **That's why the hepatitis B vaccine is important for you.**
- People with diabetes are at increased risk for death from pneumonia (lung infection), bacteremia (blood infection) and meningitis (infection of the lining of the brain and spinal cord). These infections can be prevented by the pneumococcal polysaccharide vaccine. **Certain types of pneumonia can be prevented by pneumococcal vaccines.**

Vaccines are one of the safest ways to protect your health.

- **Vaccines are tested and monitored.** Vaccines are tested before being licensed by the Food and Drug Administration (FDA). The Centers for Disease Control and Prevention (CDC) and FDA continue to monitor vaccines after they are licensed.
- **Vaccine side effects are usually mild and temporary.** The most common side effects include soreness, redness, or swelling at the injection site. Severe side effects are very rare.
- **Vaccines are safe to get, even if you are taking prescription medications.** In fact, they are an important part of staying healthy especially if you have a chronic condition like diabetes.



What vaccines do you need?

Whether you have type 1 or type 2 diabetes, there are a number of vaccines that can protect your health:

- **Flu vaccine** each year to protect against seasonal flu
- **Pneumococcal vaccine** to protect against certain types of pneumococcal diseases
- **Hepatitis B vaccine** series to protect against hepatitis B

In addition all adults need:

- **Tdap vaccine** to protect against tetanus, diphtheria, and pertussis (whooping cough)
- **Zoster vaccine** to protect against shingles if you are 60 years or older

There may be other vaccines you need so be sure to talk with your healthcare professional about what's right for you.

DON'T WAIT. VACCINATE!



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Getting adult vaccines can be easier than you think.

You regularly see your provider for diabetes care, and that's a great place to start! He or she may carry vaccines recommended for people with diabetes.

If your provider does not offer the vaccines you need, ask for a referral so you can get the vaccines elsewhere.

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, and health departments. To find a place near you to get a vaccine, go to <http://vaccine.healthmap.org>.

Most health insurance plans cover recommended vaccines. Check with your insurance provider for details and for a list of vaccine providers covered by your plan. If you do not have health insurance, visit www.healthcare.gov to learn more about health insurance options.

Don't Wait. Vaccinate!

Talk with your healthcare professional to make sure you are up-to-date with the vaccines recommended for you.

DON'T WAIT. VACCINATE!

Talk with your doctor or other healthcare professional to make sure you are up-to-date with the vaccines recommended for you.

For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, go to www.cdc.gov/vaccines/adults.

