

Your Diabetes Flu Vaccine Guide

- People 6 months and older should receive a yearly flu shot as soon as the vaccine becomes available.
- Children with diabetes under the age of 9 who get the flu shot for the first time should get 2 doses at least 28 days apart.

NOTE: *If YOU have egg allergies or have had other allergic reactions, check with your doctor before receiving a flu vaccine.*

People with Diabetes who become sick with the flu should...

- See their health care provider as soon as possible. Prescription medications called "antiviral drugs" can be used to treat the flu. These "antiviral drugs" may help if given within 48 hours after symptoms start.

Your Diabetes Pneumococcal (Pneumonia) Vaccine Guide

- People with diabetes are at an increased risk for pneumonia.
- A pneumococcal (pneumonia) shot is recommended.
- Pneumococcal vaccines provide protection against bacteria that cause pneumococcal diseases including pneumonia.
- There are two important types of pneumococcal vaccines. Talk with your health care provider about which pneumococcal vaccine is right for you.

Have Diabetes? A Flu Shot Could Save Your Life!



Do you need a
Pneumococcal (Pneumonia)
Shot too?



Did YOU Know That...

- People with diabetes (type 1 and 2) are at high risk of serious complications from the flu which can result in hospitalization and sometimes even death.
- The flu can also make chronic health problems, like diabetes, worse. Diabetes can make the immune system less able to fight infections and illness can make it harder to control blood sugars.
- You cannot catch the flu from taking the flu shot.
- Only slightly more than half of Kentuckians with diabetes get the recommended annual flu shot and/or pneumococcal (pneumonia) vaccine.

**Contact your
health care provider,
pharmacist or local health
department to discuss these
important vaccines today!**

Sources:

Behavior Risk Factor Surveillance System (BRFSS) 2013, KY Department for Public Health, Frankfort, KY; Centers for Disease Control and Prevention (CDC), Atlanta, GA — <http://www.cdc.gov/flu/consumer/prevention.htm>; http://www.cdc.gov/flu/about/disease/high_risk.htm; <http://www.cdc.gov/flu/diabetes/index.htm>; www.cdc.gov/mmwr/preview/mmwrhtml/mm6430a3.htm#Vaccine_Dose_Considerations

Ways YOU Can Prevent the Flu...



Get a flu shot every year!



In addition, good health habits may also help protect you:

- Avoid close contact with people who are sick.
- Stay home when you're sick to prevent others from catching your illness. Stay home for at least 24 hours after your fever is gone (except to get medical care or other important items).
- Cover your mouth and nose with a tissue when coughing or sneezing. Throw the used tissue into the waste basket. If you do not have a tissue, cough or sneeze into your sleeve.
- Wash your hands often with soap and water or use an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth when you or others are sick. Germs are easily spread by touching contaminated objects and then touching the eyes, nose, or mouth.
- Other good health habits - Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat healthy food.