

Vaccines for People Living with Diabetes

Each year, thousands of adults in the United States get sick from diseases that could have been prevented by vaccines. Because diabetes can make it harder for your immune system to fight infections, you may be at a higher risk of getting and experiencing serious problems from vaccine-preventable diseases.



Flu Vaccine

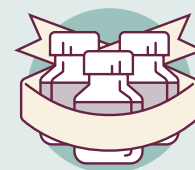
All adults living with diabetes need a flu vaccine every year.

- **Why do I need a flu vaccine?** People with diabetes, even when well-managed, are at high risk of serious flu complications. In addition, flu can make it harder to control your blood sugar. Your blood sugar may be high when you are sick, or it could fall if you don't feel like eating. Flu vaccination reduces the risk of hospitalization among people with diabetes by 79%¹.
- **What are the risks of flu?** Serious complications from flu can result in hospitalization and even sometimes death. Pneumococcal disease (pneumonia) can result from flu, making it important to stay up to date on your pneumococcal vaccination as well.

Hepatitis B Vaccine

All adults under the age of 60 living with diabetes should receive a hepatitis B vaccine as soon as possible after diagnosis of diabetes. Adults over the age of 60 living with diabetes should discuss the need for the vaccine with their healthcare professional.

- **Why do I need a hepatitis B vaccine?** The hepatitis B vaccine protects you from the hepatitis B disease, a contagious liver disease that results from infection with the virus. Hepatitis B is usually spread when blood or other body fluids from an infected person enter the body of someone who is not infected. People living with diabetes are at higher risk for hepatitis B due to various blood glucose monitoring processes (blood glucose meters, fingerstick devices, insulin pens).
- **What are the risks of hepatitis B?** An estimated 850,000 to 2.2 million people in the United States have hepatitis B². When first infected, people can develop an "acute" infection which causes mild symptoms over the first 6 months. In some cases, people can fight the infection, for others it can head to a lifelong, chronic illness. Over time this illness can lead to liver failure or cancer.



Getting Vaccinated

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, health departments, and other locations.

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

1. <https://www.cdc.gov/flu/highrisk/diabetes.htm>
2. <https://www.cdc.gov/hepatitis/hbv/hbvfaq.htm#overview>



Zoster Vaccine

All adults 50 years and older need a zoster vaccine.

- **Why do I need a zoster vaccine?** Zoster vaccine protects you from shingles, a painful rash caused by the same virus that causes chickenpox (varicella). After a person recovers from chickenpox, the virus stays in the body and can later cause shingles. If you are 50 years or older, you should get the 2-dose series of the Shingrix brand of shingles vaccine, even if you were already vaccinated with Zostavax.
- **What are the risks of shingles?** There are an estimated 1 million cases of shingles each year in the United States³. Postherpetic neuralgia (PHN) – long-term nerve pain – can occur in the areas where the shingles rash was. The pain from PHN can be severe and debilitating. The risk of PHN increases with age.

Pneumococcal Vaccine

All adults living with diabetes may need one, two, or three doses of pneumococcal vaccine, depending on age, health condition, and timing of the first dose.

- **Why do I need a pneumococcal vaccine?** The pneumococcal vaccine can protect you from pneumococcal disease, an infection that can cause many types of illnesses, including ear and sinus infections, pneumonia, and bloodstream infections.
- **What are the risks of pneumococcal disease?** About 18,000 older adults die of pneumococcal disease each year in the United States⁴. Treatment of pneumococcal infections is not as effective as it used to be, because some strains of the disease have become drug-resistant.

Tdap (Whooping Cough) Vaccine

All adults living with diabetes, who did not receive the Tdap vaccine as a child, should get one dose along with a TD booster every 10 years.

- **Why do I need a Tdap vaccine?** The Tdap vaccine protects you from diphtheria, tetanus, and pertussis (whooping cough). Getting a Tdap vaccine protects you and those around you. Because pertussis is very contagious and can be life-threatening for newborns, it is especially important to get vaccinated to protect babies you may come in contact with.
- **What are the risks of pertussis?** Tetanus, diphtheria, and pertussis are very contagious diseases that spread person to person by coughing or sneezing. Tetanus kills about 1 out of 10 people who are infected⁵, and 1 in 25 adults with pertussis develop rib fractures⁶, resulting from severe coughing. Diphtheria can lead to breathing problems, heart failure, paralysis, and sometimes death.

If you have diabetes, talk with your healthcare professionals about getting your vaccinations up to date and visit:

[cdc.gov/vaccines/diabetes](https://www.cdc.gov/vaccines/diabetes)

3. <https://www.cdc.gov/shingles/index.html>

4. <https://www.cdc.gov/vaccines/hcp/adults/downloads/fs-pneumo-hcp.pdf>

5. <https://www.cdc.gov/vaccinesafety/vaccines/dtap-tdap-vaccine.html>

6. <https://www.cdc.gov/pertussis/about/complications.html>

