

Ask your doctor about getting a shot for pneumococcal disease, the cause of the most common form of severe pneumonia. It is safe to get this shot at the same time as a flu shot, and for most people, one shot in a lifetime is enough.

Where Do I Get A Flu Shot?

- Call your doctor, health care provider, or local health department for dates, times, and places where flu shots are given.
- Both flu and pneumococcal shots are covered by Medicare Part B.
- Be sure to talk to your doctor before getting a shot.



Ask Your Doctor

Ask your doctor today about shots to prevent the flu and pneumonia—because with diabetes, prevention is control, and control is your lifeline.

Prevention Is Control.

This information brought to you by



and your health department.



If You Have
Diabetes,
A **Flu** Shot
Could Save
Your **Life.**

If you live with diabetes, you are more likely to die with the flu. Talk to your doctor.

Preserve Your Life

For people with diabetes, the flu can be more than aches and pains. It can mean being sick longer, time in the hospital, even death, because diabetes can make the immune system less able to fight a bad case of the flu. In fact, people with diabetes are almost 3 times more likely to die with influenza ("the flu") or pneumonia.

You can get a flu shot for little or no cost. Medicare Part B pays for flu shots. You can get a flu shot at your doctor's office or at clinics, drug stores, and grocery stores before flu season starts in the fall. But talk to your doctor first. Some people shouldn't have flu shots.

- o Each year, 10, 000 to 30,000 people with diabetes die because of flu and pneumonia.

When you live with diabetes, you watch your diet, exercise, and see your doctor regularly.



Now you can add an annual flu shot to your routine. It's one more way to stay in control of your diabetes.

No. Flu shots do not contain a live virus, so they cannot infect you.

Some people may catch a cold a week or two after they get a flu shot. This is not because of the flu shot—the flu is not a cold.

If you have a flu shot and get the flu anyway, the shot will still help because you won't get as sick. You are less likely to have to go to the hospital and less likely to die.



Do I Need A Flu Shot Every Year?

Yes. Flu viruses vary from year to year, so it's important to get a shot every year to be sure you're protected.

Does My Family Need Flu Shots Too?

Yes. The flu is very catching, so getting shots for your family not only keeps them healthy, it also lowers your chances of catching the flu from your loved ones.

Take Control

Consider the odds:

- o During outbreaks of the flu, deaths go up 5 to 15% for people who have diabetes.
- o People with diabetes are 6 times more likely to go to the hospital with the flu.



Pneumonia: More Rough Water

Just as people with diabetes get the flu more easily, they are also at high risk for pneumonia.