

Ask your doctor about getting vaccinated against pneumococcal disease, the cause of the most common form of pneumonia. It is safe to have along with a flu vaccine and for most people one dose provides lasting protection.

Where Do I Get A Flu Shot?

- o Contact your doctor, healthcare provider or local health department for dates, times and places where flu vaccines are given.
- o Both flu and pneumococcal vaccines are covered by Medicare, Part B.
- o Make sure to talk to your doctor before getting vaccinated.



Ask Your Doctor

Ask your doctor today

about vaccines to prevent the flu and pneumococcal disease.

Because with diabetes, prevention is control, and control is your life line.

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 longer illness, hospitalization, even death. Because diabetes can make the immune system more vulnerable to severe cases of the flu. In fact, people with diabetes are almost 3 times more likely to die with influenza ("the flu") or pneumonia.

Flu vaccines are available at little or no cost—in fact, they're covered by Medicare, Part B—at doctors' offices, clinics, pharmacies and grocery stores before flu season starts in the fall. But talk to your doctor first. Some people shouldn't get vaccinated.

Take Control

Consider the odds:

- During flu epidemics, deaths among people with diabetes increase 5-15%.
- People with diabetes are 6 times more likely to be hospitalized with flu complications.



- Each year, 10-30,000 deaths among people with diabetes are associated with influenza and pneumonia.

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



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

Flu Shot Give Me the Flu?

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

Some people coincidentally catch a cold a week or two following immunization. This is not a result of their flu vaccine—the flu is not a cold.

If you do develop the flu despite vaccination, the vaccine will still help prevent lower respiratory tract involvement or other secondary complications, reducing the risk of hospitalization and death.



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 highly contagious, so immunizing your family not only keeps them healthy, it decreases your chances of catching the flu from your loved ones.

Pneumonia: More Rough Water

Just as people with diabetes are more susceptible to the flu, they are also at high risk of developing pneumonia.