A Message to African-Americans with Diabetes:

Flu Shots Preserve Lives

If the thought of getting a flu shot gives you a "sinking" feeling, you should know flu shots don't give you the flu. In fact, getting a flu shot can protect you from one of the leading causes of death for African-Americans with "sugar diabetes".

Your doctor will explain how diabetes puts you at greater risk of dying from flu-related complications. There's no better reason to get a life-saving flu shot. It could be the life line you need to sail through the flu season.

Prevention is control.

A life saver courtesy of CDC CENTERS FOR DISEASE CONTROL AND PREVENTION and your health department.