PREVENTION

IS

CONTROL

For more information about vaccines to prevent the flu and pneumococcal disease ask your doctor or health care provider, or call the New Hampshire Department of Health and Human Services' Immunization Program.

1-800-852-3345

ext. 4482

New Hampshire

Education Program

This project funded by a cooperative agreement between the Centers for Disease Control and Prevention, Division of Diabetes Translation and the New Hampshire Department of Health and Human Services, Office of Health Management, Diabetes Education Program.

If You Have Diabetes

A FLU SHOT COULD SAVE YOUR LIFE

Prevention is Control.

New Hampshire

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Preserve Your Life.

If you have diabetes, the flu can be more than aches and pains. It can mean a longer illness, a trip to the hospital and even death.

In fact, people with diabetes are:

- **almost 3 times more likely to die with influenza ("the flu") or pneumonia.**
- **6 times more likely to be sent to the hospital with flu complications.**

Take Control.

When you live with diabetes, prevention is control. Watch your diet, exercise and see your doctor regularly. Ask your doctor about an annual flu shot. It's one more way to stay in control of your diabetes.

Can A Flu Shot Give Me The Flu?

No. Flu shots do not contain a live virus, so they cannot infect you. If you should get the flu later, you will have a much milder case. A flu shot also reduces the risk of a hospital stay or death.

Do I Need A Flu Shot Every Year?

Yes. Flu viruses vary from year to year, so it is important to get a shot every year to be sure you are protected. It is best to get your flu shot between October and November each year.

Do My Family Members Need A Flu Shot?

Yes. The flu is easy to catch, so having your family members get a flu shot reduces your chance of catching the flu from your loved ones.

Pneumonia. Another Killer.

People with diabetes are also at high risk of developing pneumonia. Ask your doctor about getting a shot to protect you against pneumococcal disease, which causes the most common form of severe pneumonia. You can get the pneumococcal shot at the same time as a flu shot. One pneumococcal shot is enough to protect most people.

The Good News Is:

Flu shots are available at little or no cost. Most insurance companies cover the cost of flu and pneumococcal shots for people with diabetes.

Where Do I Get A Flu Shot?

Flu shots are available at doctors' offices, clinics, and pharmacies.

For more information on the importance of flu shots or dates, times, and places where flu and pneumococcal shots are being given, contact your health care provider or the New Hampshire Department of Health and Human Services' Immunization Program at 1-800-852-3345 ext. 4482.