



Having type 1  
or type 2  
diabetes can  
mean you  
are also  
at risk for  
serious  
complications  
from the flu.

When you  
get your  
flu shot,  
you protect  
yourself  
and those  
around you.

My doctor just told me I have **diabetes.**

She also said, **“Get a flu shot!”**

I heard her loud and clear. **I’ll get vaccinated.**

For more information, visit: <http://www.cdc.gov/flu>



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention