

# If you have diabetes, these shots could save your life.

If you live with diabetes, you are more likely to die from the flu. Talk to your doctor about getting a flu shot.

## Diabetes and the Flu

When you have diabetes, the flu means more than aches and pains. Your body cannot easily fight a bad case of the flu. The flu can make you sicker for longer, cause you to be hospitalized, and even die.

- People with diabetes are 3 times more likely to be hospitalized because of flu.
- People with diabetes are almost 3 times more likely to die from the flu or pneumonia.



## What You Can Do

When you live with diabetes, there are things you can do to take control. You can watch your diet, exercise, and see your doctor regularly. You can also add a yearly flu shot to your routine. It's the single best way to protect yourself from the flu.

### Get a Flu Shot Every Year:

Flu viruses change every year. It is important to get a shot every year to protect yourself against the new flu viruses.

### Have Your Family get Flu Shots Too:

The flu spreads very quickly from one person to another. When your family gets flu shots, it keeps them healthy, and protects you from catching the flu, too. Ask your doctor about flu shots for your family.

### Good to Know:

You cannot get the flu from a flu shot. The vaccine does not contain live viruses. Some people may catch the flu even if they have a flu shot, but the flu shot will prevent you from getting as sick. You will be less likely to go to the hospital and less likely to die. You may still catch colds if you get a flu shot, but colds are not as serious as the flu.



**Call your doctor, hospital, clinic, health care provider, or local health department to find out when and where you can get a flu shot.**

# Diabetes and Pneumonia

People with diabetes are also at high risk of getting pneumonia. But you can protect yourself by getting a series of pneumonia shots.

There are two pneumonia shots that protect you. Most adults with diabetes need the first shot (called PPSV23) before turning 65. When you are 65, a second shot (called PCV13) is recommended. Then a year later you need another dose of PPSV23.

Both MassHealth and Medicare Part B pay for flu and pneumonia shots. Make sure to talk to your doctor before getting either of these shots. It is safe to have a pneumonia shot at the same time you have your flu shot.



## Talk to Your Doctor

**Ask your doctor today  
about shots to prevent  
the flu and pneumonia.**



**Get your flu shot!**



To learn more about diabetes and the flu, visit [mass.gov/dph/diabetes](https://mass.gov/dph/diabetes)