

Diabetes & Immunizations

Most vaccines have a small, non-live amount of the germ that causes an illness. This teaches your body how to fight the virus. Other vaccines, like the one for COVID, don't contain the virus. But they do teach your body how to fight it.

Always talk with your doctor about the shots you need, and their possible side effects.

If you have diabetes, it's important to get your vaccinations, which are also called immunizations or vaccines.

Vaccines are given to prevent illnesses that can become very serious for people with diabetes. Some of these illnesses may even put you in the hospital.

The main vaccines you need include:

Coronavirus-19 (COVID-19) Vaccine, 3 shots (as of October 2021)

- ⇒ This vaccine prevents COVID-19.
- ⇒ Some of the main COVID symptoms are: fever or chills, cough, shortness of breath, fatigue, headache, new loss of taste or smell, and sore throat.
- ⇒ People with diabetes are at increased risk of developing complications, or severe or even fatal illness, from COVID-19, which the vaccine helps to prevent.

Influenza Vaccine, once each year in fall or winter

- ⇒ This vaccine prevents the flu.
- ⇒ Flu symptoms include sudden high fever, chills, body aches, sore throat, runny nose, dry cough, and headache.
- ⇒ People with diabetes who get the flu may become especially sick because the flu can lead to pneumonia or dangerously high blood sugar. The flu shot helps protect you from these complications.

Pneumococcal Vaccine, usually one time (some people may need additional doses)

- ⇒ This vaccine prevents pneumococcal disease.
- ⇒ This disease can cause serious—even deadly—infections of the lungs, blood, and/or lining of the brain and spinal cord.
- ⇒ Having diabetes increases the risk for death from these illnesses, which the vaccine helps to prevent.

Hepatitis B, usually 3-4 doses

- ⇒ The hepatitis B virus infects the liver, can become chronic, and can cause death.
- ⇒ Up to age 60, people with diabetes have twice the risk of hepatitis B as those without diabetes. The vaccine can help protect you from these risks.