

WHAT YOU NEED TO KNOW ABOUT DIABETES AND PNEUMONIA

If you have Diabetes, you need to get a pneumonia shot.

Anyone over the age of 2 that has a chronic health problem (like diabetes) should receive the pneumonia vaccine (shot).

The pneumonia shot is very safe. You cannot get pneumonia from the shot because it does not contain any live bacteria.

You can get the pneumonia shot at the same time as your flu shot, but there is no need to get a pneumonia shot every year.

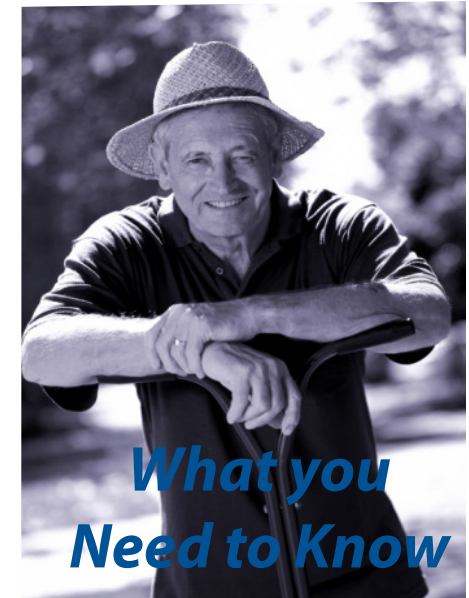
A person should receive NO MORE than 2 pneumonia shots in his or her lifetime. If a person receives 2 pneumonia shots, the shots must be given AT LEAST five years apart.

Your doctor will tell you if you need it more than once



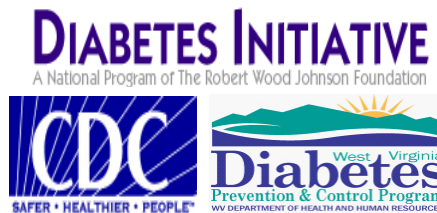
Diabetes
Now What?

Flu Shots



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***A self-assessment and
action planning guide
for people with diabetes***



What do I need to know about flu shots?

- Influenza (flu) is an illness of lungs, nose and throat. It's very easy to catch from other people.
- People with diabetes have a greater chance of getting a bad infection from the flu
- Because the flu virus changes from year-to-year, the flu vaccine (shot) also needs to be changed every year,
- You can get the flu shot from at little or no cost. Medicare Part B and other health insurance plans will pay for a flu shot.

Remember..... Ask your doctor or local health department about the flu and pneumonia shots for you and your family



MATCH GAME

- | | |
|---|--|
| 1. What time of year should I get a flu shot? | A. Every year |
| 2. Why are flu shots important for people with diabetes? | B. At your doctors' office, clinics, pharmacies, and retail stores |
| 3. How often should I get a flu shot? | C. People you live with should get a flu shot too |
| 4. Where can I get a flu shot? | D. In October or any winter month |
| 5. Because the flu is easily passed from one person to another... | E. When blood sugars are above normal your body cannot fight infection |

FLU SHOT ACTION PLAN

Do you have a plan to get your flu shot this year?

Did you ever have a pneumonia vaccine?

Do you need to get a pneumonia shot this year?

Should anyone else in your family also get a flu shot.

Make getting a flu shot a family affair. It makes them healthy and lowers your chance of catching the flu

Notes: _____
