What you should know about diabetes and pneumonia

Pneumonia is a serious illness for anyone. It can make you sick for a few weeks.

Anyone aged two or older who has a chronic health problem (like diabetes) should receive the pneumonia vaccine (shot).

If you have diabetes, you need to get a pneumonia shot. Most people need only one pneumonia shot for a lifetime of protection. You can get a pneumonia shot at the same time as your flu shot. There is no need to get a pneumonia shot every year. Your doctor will tell you if you need it more than once.

The pneumonia shot is very safe. You cannot get pneumonia from the shot, because it does not contain any live bacteria (germs). Some people who get a pneumonia shot have redness or mild pain in the place where the shot was given; this goes away in a day or two. Medicare Part B and other health insurance plans will pay for a pneumonia shot.

For more information

Call your physician, your local health department, or

1-888-76-SHOTS

Michigan Department of Community Health

MDCH

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If you have Diabetes, Getting a Flu Shot is a Family Affair

Did you know that over 36,000 people die every year from the flu?

What you should know about diabetes and the flu

Influenza (flu) is an illness of the lungs, nose and throat. It is very easy to catch from other people.

People who have diabetes have a higher chance of getting a bad infection from the flu. When blood sugar levels are above normal, your body cannot fight infection well.

Protect yourself and your family from catching the flu by getting a flu shot every year. Because the flu virus changes from year-to-year, the flu vaccine (shot) also needs to be changed every year. Flu shots are safe, so getting the shot cannot give you the flu.

You can get a flu shot at little or no cost. Medicare Part B and other health insurance plans will pay for a flu shot. Flu shots are available at doctors' offices, clinics, pharmacies, and retail stores.

Talk to your doctor or local health department if you have questions.

When you should get a flu shot

October is the best time for people with diabetes and their family members to get a flu shot. If you miss getting your flu shot by the end of October, you can still get one during any of the winter months.

Make getting a flu shot a family affair

When your family members get a flu shot, it helps to keep them healthy. It also lowers your chance of catching the flu. Because the flu is easily passed from one person to another, the people you live with should get a flu shot around the same time that you do.

REMEMBER... ask your doctor or local health department about the flu and pneumonia shots for you and your family. They could save your life.

MAKE THE FLU SHOT PART OF YOUR ANNUAL DIABETES CHECK-UP!

DIABETES CHECKLIST	DATE OF VISIT
✓ Hemoglobin A_{1c} (every three months)	___/___/___
✓ Weight (every visit)	___/___/___
✓ Foot Exam (every visit)	___/___/___
✓ Blood Pressure (every visit)	___/___/___
✓ Cholesterol HDL/LDL (once a year)	___/___/___
✓ Triglycerides (once a year)	___/___/___
✓ Microalbuminuria (every year)	___/___/___
✓ Eye Exam (once a year)	___/___/___
✓ Dental Exam (every six months)	___/___/___
✓ Flu Shot (once a year)	___/___/___

TALK TO YOUR DOCTOR OR NURSE FOR MORE INFORMATION

How many shots of the pneumonia vaccine should a person receive?

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