

WHY ARE VACCINES IMPORTANT FOR PERSONS WITH DIABETES?

- Vaccine-preventable infections can make it **harder** for you to manage diabetes.
- Even when diabetes is well-managed, infections can be **harder to fight**. This puts you at risk for **more serious** illness and complications.
- Vaccinations can help keep your family, friends, and communities **healthy**, too.

WHAT VACCINES ARE RECOMMENDED FOR ADULTS WITH DIABETES?

CDC-Recommended Vaccines	When and How Often
Age-appropriate vaccines	<ul style="list-style-type: none">• All persons should receive according to the CDC schedules
COVID-19	<ul style="list-style-type: none">• One or more doses per current CDC recommendations and FDA approvals
Flu	<ul style="list-style-type: none">• All adults, annually
Hepatitis B	<ul style="list-style-type: none">• Adults aged 19-59 years• Adults aged 60 years and older with risk factors for Hepatitis B• 2, 3, or 4 doses depending on vaccine or condition
Pneumococcal – to protect against pneumonia	<ul style="list-style-type: none">• Adults with diabetes ages ≥ 19 years• One or two doses, depending upon the type of vaccine received
RZV (Zoster) – to protect against shingles	<ul style="list-style-type: none">• All adults ≥ 50 years• Adults ≥ 19 years who have weakened immune systems• Two doses
Tdap – to protect against tetanus, diphtheria, and whooping cough	<ul style="list-style-type: none">• Every 10 years after first series (may need additional doses during pregnancy or after an injury)
RSV – to protect against respiratory syncytial virus	<ul style="list-style-type: none">• Adults aged 60 years or older who are at increased risk for severe RSV disease including those with chronic medical conditions such as diabetes

Most health insurance plans cover recommended vaccines. If you do not have health insurance, visit www.healthcare.gov to learn more about health insurance options.

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HOW TO STAY CURRENT ON VACCINATIONS: PLAY VACCINE BINGO EACH YEAR!



Each year, talk to your healthcare provider about the vaccines you need.

If you can say **YES, I'M UP TO DATE** for the vaccines *you* need by the end of each year, you've got **VACCINE BINGO!**



Take a picture of the card with your mobile phone when you update it so that you always have a copy with you.



NAME:

YEAR:

Vaccine <i>*Specify type received where noted</i>	Date(s) received	Date next shot or dose is needed	Are you <i>*up-to-date on the vaccine?</i>
COVID-19 <i>*Up-to-date on COVID-19 will vary based on vaccination history, vaccine type and doses received</i>			
Flu			
Hepatitis B			
• Dose 1			
• Dose 2			
• Dose 3			
Pneumococcal (Type _____)			
• Dose 1			
• Dose 2 (if needed)			
Shingles (RZV)			
• Dose 1			
• Dose 2			
Tdap			
RSV (Type _____)			

Notes/Questions for
your healthcare team:

