

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

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