



Flu and Pneumonia **Vaccines**

Having the flu can be dangerous for anyone. But it is extra risky for people with diabetes or other chronic health problems.


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What to do if you have diabetes and symptoms of flu

Talk with your health care provider now about how to reach them quickly by telephone if you think you have the flu. Symptoms of influenza (the flu) can include:

- fever
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- some people may also have vomiting and diarrhea

People may be infected with the flu and have respiratory symptoms without a fever.



Talk with your health care provider about getting a flu vaccine. Flu vaccines do not give 100 percent protection, but they do make it much harder for you to catch the flu.

For extra safety, it is a good idea for the people you live with or spend a lot of time with to get a flu vaccine too. You are less likely to get the flu if the people around you don't have it.

The best time to get your flu vaccine is beginning in September. The vaccine takes about two weeks to take effect.

If you have a cold or other respiratory illness wait until you are healthy again before getting your flu vaccine. If you are allergic to eggs, please talk to your health care provider to see if you can safely get the flu shot.

You are advised to continue to take the general precautions of preventing seasonal flu and other communicable diseases:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way. Try to avoid close contact with sick people.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.

Pneumonia Shots

People with diabetes are about three times more likely to die with flu and pneumonia. Yet only one third of them ever get a simple, safe pneumonia shot.

A pneumonia shot is recommended for anyone with diabetes ages two years or older. You can get a pneumonia shot anytime during the year. You should get vaccinated again if you are older than 65 years of age if the vaccine was given over five years before. A pneumonia shot can also protect you from other infections caused by the same bacteria.

Consider the risks everyone faces:

- 1 out of 20 adults who get pneumonia (a lung infection) dies.
- 2 out of 10 adults who get infection of the blood (bacteremia) die.
- 3 out of 10 adults who get infection of the covering of the brain (meningitis) die.

About 10,000 people die each year because of these bacterial infections. A pneumonia shot can help protect you against getting these illnesses. In fact, it is about 60 percent effective in preventing the most serious pneumonias, meningitis, bacteremia and death.

Sources:
American Diabetes Association
Centers for Disease Control and Prevention (CDC)





To Learn More, contact
American Diabetes Association
www.diabetes.org
1-800-DIABETES (1-800-342-2383)

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