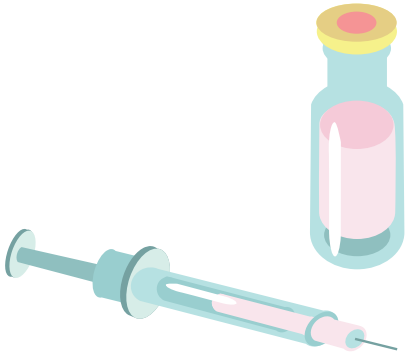
GET YOUR SHOTS

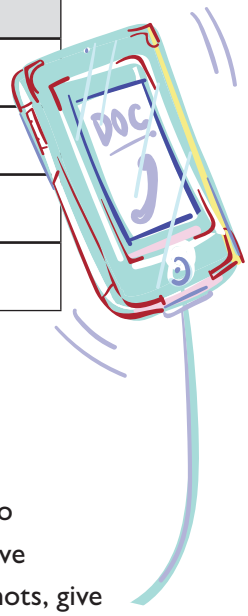


Getting the shots you need, when you need them, is an important part of good diabetes-care.

Blood sugar levels often become harder to control when you are sick. Shots contain vaccines or substances that can help you stay well. If you do get sick, shots can help you get well faster – and may help prevent an illness from becoming serious.

The table below lists the shots a person with diabetes needs.

SHOT (Vaccine)	WHO NEEDS THIS?	HOW OFTEN?
Flu	Everyone over 6 months of age	Yearly
Pneumonia	All persons with diabetes over age 2	Once, if below 65*
Hepatitis B	Adults from 19 to 59 years of age. **	One series of shots
Tetanus	All adults	Every 7 to 10 years



Some people may also need a shot (vaccine) to protect them against other illnesses, such as shingles or Hepatitis A.

*Recommended again if age 65 or older - or have a serious illness. ** Some adults over age 59 may also need this.

Childhood Shots

A number of important shots are given to everyone when they are a baby. If you have a record proving you got the following shots, give a copy of it to your doctor. If you don't remember having these shots or have no record to prove you did, call your doctor's office:

- Measles/Mumps/Rubella
- Tetanus/Diphtheria/Whooping cough
- Chicken pox (Varicella)
- Polio

Getting the shots you need is important. Call your doctor if you:

- plan to travel out of the country
- have any questions about what shots you need.

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