

# What You *Need* To Know About Diabetes and Vaccines

The CDC wants you to know that vaccines are an important part of managing your type I or type II diabetes. Certain diseases that can be very serious for people with diabetes can be prevented by vaccines. Staying up to date with vaccines is part of your regular diabetes management.

## People with type I or type II diabetes should get:

- Influenza “flu shot” vaccine each year
- Pneumococcal vaccine
- Hepatitis B vaccine series
- Zoster “shingles” vaccine\*
- Vaccine to prevent whooping cough and tetanus (Tdap)



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

Your doctor, pharmacist or other healthcare provider may recommend other vaccines based on your age, vaccines you have had, and other considerations. Take charge of your health. Talk to your healthcare provider about including vaccines as part of your diabetes management.

\*for adults 60 years and older

You can find more information at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)