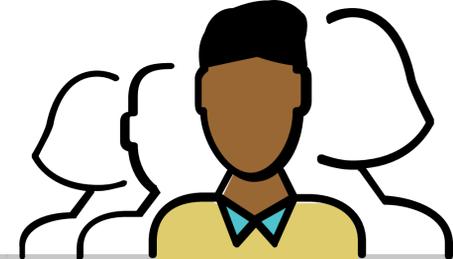


# Diabetes and Adult Vaccines



Getting vaccinated is an important step in staying healthy!

People with diabetes (both type 1 and type 2) are at higher risk for serious problems from certain vaccine-preventable diseases. Diabetes, even if well-managed, can make it harder for your immune system to fight infections.

Vaccines are one of the safest ways for you to protect your health, even if you are taking prescription medications to control your diabetes. Ensuring that you are up to date on all recommended vaccines can help to keep you healthy.

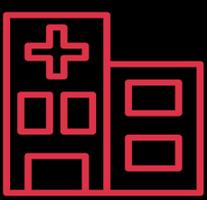
- ### RECOMMENDED VACCINES
- ✓ Influenza Vaccine
  - ✓ Pneumococcal Vaccine
  - ✓ Tdap/Td Vaccine
  - ✓ Hepatitis B Vaccine
  - ✓ Shingles Vaccine
  - ✓ HPV Vaccine

**New Jersey Stat**  
In 2017, only 40.2% of adults with diabetes between ages 18-64 years had received a pneumococcal vaccine.

**New Jersey Stat**  
During the 2017-2018 flu season, only an estimated 46.7% of adults with diabetes between ages 18-64 years had received a flu vaccine.

There may be other vaccines recommended for you based on your lifestyle, travel habits, and other factors. Talk to your healthcare professional about which vaccines are right for you.

### Wondering where to get vaccines?



Vaccines may be available at your doctors' office, pharmacy, workplace, community health clinic, health department, or other locations. Check out [vaccinefinder.org](http://vaccinefinder.org) to find adult vaccine providers in your area.

### Does insurance cover vaccines?



Most insurance plans cover recommended vaccines. You can also check with local health departments, and Federally Qualified Health Centers (FQHCs) regarding vaccine affordability.