Diabetes and adult vaccines

Learn how vaccines can keep you healthy

Diabetes is a chronic condition that affects your body’s ability to store and use energy from food. The body usually converts sugar (glucose) into energy with the help of insulin, a hormone produced in the pancreas.

When the body does not produce enough insulin or cannot use insulin effectively, glucose builds up in your bloodstream. There are two main types of diabetes: type 1 diabetes and type 2 diabetes.

Type 1 diabetes is an autoimmune disease that results in the pancreas being unable to produce insulin. It is most often diagnosed in children and young adults. People with type 1 diabetes need to monitor their blood glucose levels and take insulin on a daily basis.

Type 2 diabetes is a chronic condition in which the body becomes resistant to insulin or does not produce enough insulin. Type 2 diabetes affects many people as they age. It is more common in adults, but it is also becoming more common in children.

Managing diabetes helps you control your blood sugar levels and reduces your risk of developing serious health problems, including:

- Heart disease
- Kidney disease
- Nerve damage
- Eye disease
- Lower limb amputations
- Dental problems
- Premature death

You can control type 2 diabetes by:

- Maintaining a healthy weight
- Being physically active
- Eating a healthy diet
- Taking medications as prescribed

Contraceptives

The early part of gestation (weeks 27–36) to protect their baby.

- Tdap
- Hepatitis B
- Flu vaccine

For more information, please visit:


CDC. Flu and Pneumonia Vaccinations Decrease Relative Morbidity Risk for People with Diabetes.


The flu is a contagious (easily spread) respiratory disease caused by the influenza virus. Getting vaccinated is an important step in staying healthy.

What vaccines are recommended for adults with diabetes?

- Influenza vaccine
- Pneumococcal Vaccine
- Hepatitis B Vaccine
- Tdap/Td Vaccine
- Shingles Vaccine
- HPV Vaccine

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What you need to know about

Flu vaccine

- The flu is a contagious (easily spread) respiratory disease caused by the influenza virus.
- Getting vaccinated is an important step in staying healthy.
- Flu vaccines are available in a variety of forms, including:
  --fashioned, which provides immunity to a single strain of flu virus
  -tetra, which provides immunity to one strain of flu virus and three additional strains

Pneumococcal Vaccine

- Pneumococcal disease is a bacterial disease that can lead to serious infections of the lungs, blood, and other parts of the body.
- Pneumococcal vaccines are recommended for all adults, including those with diabetes.
- There are two types of pneumococcal vaccines: PCV13 and PPV23.

Hepatitis B Vaccine

- Hepatitis B is a liver infection caused by the hepatitis B virus (HBV) and transmitted through blood or other body fluids.
- Hepatitis B vaccines are recommended for all adults, including those with diabetes.
- One dose of Tdap is recommended for adults, then a Td or Tdap every 10 years.

Tdap/Td Vaccine

- Tdap is a combination vaccine that provides protection against tetanus, diphtheria, and pertussis.
- Tdap is recommended for adults with diabetes who haven't received a Tdap vaccine in the past 10 years.

Shingles Vaccine

- Shingles (zoster) vaccine helps protect against shingles, which is a painful rash caused by the same virus that causes chickenpox.
- Shingles vaccine is recommended for adults with diabetes who are at increased risk for developing shingles.

HPV Vaccine

- The HPV vaccine helps to protect against human papillomavirus, a common virus that can lead to six types of cancers later in life.
- HPV vaccine is recommended for adults with diabetes who didn't receive the vaccine as a child.