Eating right isn’t always enough to protect your health. That is why it is important to get vaccinated.

People living with diabetes are at a higher risk of serious complications from some vaccine-preventable diseases.
It can be harder to control your blood sugar levels when you are sick. Talk to your doctor today about what vaccines you need to stay healthy.

What vaccines are recommended for those living with diabetes?

- Flu (influenza)
- Tdap (tetanus, diphtheria, pertussis)
- Zoster (shingles)
- Pneumococcal (pneumonia)
- Hepatitis B

Visit [www.cdc.gov/diabetes/vaccines](http://www.cdc.gov/diabetes/vaccines) to learn more!