



10-2008

SP564-If You Have Diabetes, A Flu Shot Could Save Your Life

The University of Tennessee Agricultural Extension Service

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Recommended Citation

"SP564-If You Have Diabetes, A Flu Shot Could Save Your Life," The University of Tennessee Agricultural Extension Service, SP564-10M-10/08(Rep) E12-5315-00-017-09 09-0092, http://trace.tennessee.edu/utk_agexheal/34

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Another health tip:

Get the pneumonia shot, too. One shot can last a lifetime.

Want More Information?

Check these Internet sites:

- ✓ Centers for Disease Control and Prevention, Natural Immunization Program
<http://www.cdc.gov/flu>
- ✓ Immunization Action Coalition
<http://www.immunize.org/>
- ✓ National Diabetes Education Program
<http://www.ndep.nih.gov/>
- ✓ UT Center for Community Health Literacy
<http://fcs.tennessee.edu/centers/healthlit/index.htm>

For publications about other immunizations for adults, contact your county Extension office or your pharmacist.

Prepared by

Barbara P. Clarke, Professor
UT Extension

Stephan L. Foster, Professor
UT College of Pharmacy

THE UNIVERSITY of TENNESSEE **UT**
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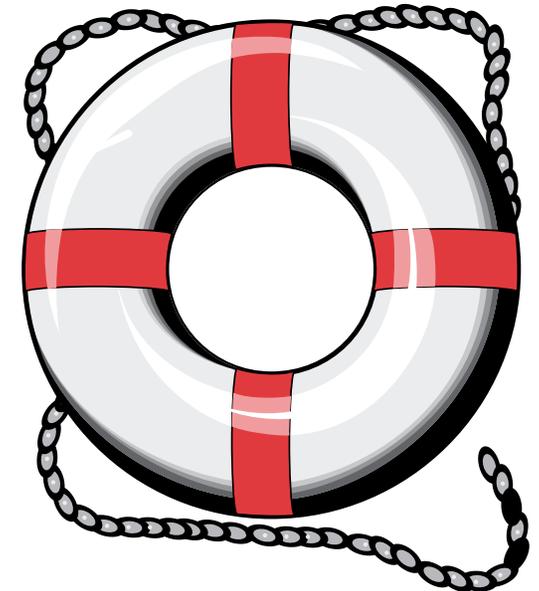
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SP564-10M-10/08(Rep) E12-5315-00-017-09 09-0092

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If You Have Diabetes



A Flu Shot Could Save Your Life

Six Reasons Why a Person With Diabetes Should Get the Flu Shot Every Fall



Six Reasons to Get the Flu Shot



The flu, called influenza, is very dangerous for persons with diabetes.

- ✓ It causes fever, chills, headache, dry cough and body aches.
- ✓ It can last from a few days to a week.
- ✓ It causes serious complications such as pneumonia.
- ✓ It can be fatal for people with diabetes.



The flu shot is safe.

You cannot get the flu from the flu shot. Protection from the flu develops about two weeks after you get the flu shot and may last up to a year.



You need the flu shot each fall, before the flu season begins.

The flu season is from November to April.



It is easy to get the flu shot.

You can get the flu shot at the following places:

- ✓ Doctor's office
- ✓ Health department
- ✓ Some pharmacies
- ✓ Clinics
- ✓ Health fairs



Your health insurance may pay for it.

- ✓ Medicare, Part B, pays for it each year.
- ✓ Call your health insurance carrier to find out if the flu shot is covered under your policy.



You need the flu shot every year.

The flu virus changes from year to year.

DO NOT get the flu shot if

- ✓ You are allergic to eggs.
- ✓ You have had an allergic reaction to previous flu shots.