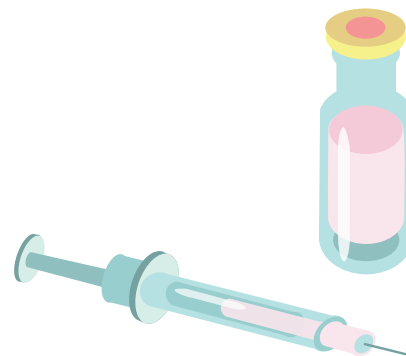


GET YOUR SHOTS

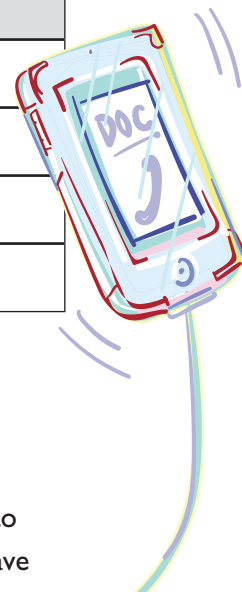
Getting the shots you need, when you need them, is an important part of good diabetes-care.

Blood sugar levels often become harder to control when you are sick. Shots contain vaccines or substances that can help you stay well. If you do get sick, shots can help you get well faster – and may help prevent an illness from becoming serious.



The table below lists the shots a person with diabetes needs.

| SHOT (Vaccine) | WHO NEEDS THIS? | HOW OFTEN? |
|----------------|---------------------------------------|---------------------|
| Flu | Everyone over 6 months of age | Yearly |
| Pneumonia | All persons with diabetes over age 2 | Once, if below 65* |
| Hepatitis B | Adults from 19 to 59 years of age. ** | One series of shots |
| Tetanus | All adults | Every 7 to 10 years |



Some people may also need a shot (vaccine) to protect them against other illnesses, such as shingles or Hepatitis A.

*Recommended again if age 65 or older - or have a serious illness.

** Some adults over age 59 may also need this.



Childhood Shots

A number of important shots are given to everyone when they are a baby. If you have a record proving you got the following shots, give a copy of it to your doctor. If you don't remember having these shots or have no record to prove you did, call your doctor's office:

- Measles/Mumps/Rubella
- Chicken pox (Varicella)
- Tetanus/Diphtheria/Whooping cough
- Polio

Getting the shots you need is important. Call your doctor if you:

- plan to travel out of the country
- have any questions about what shots you need.