



**Take care of  
yourself and your  
family members.**

**Get your flu  
shot today.**

**If you have diabetes, protect  
yourself by getting a flu shot.**

**If you don't have diabetes,  
protect yourself and your  
family members who have  
diabetes.**

**Call your health care provider  
today about getting a flu shot.**



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[www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)