

If You Have Diabetes, Take Care of Yourself by Getting a Flu Shot

If you have diabetes, getting the flu can give you more than aches and pains. It can mean being sicker for a longer time. You might have to go to the hospital. It is even possible to die from the flu. This is because, when you have diabetes, your body's flu-fighting system may not be as strong.

What is the Flu?

The flu is an illness that spreads from person to person. It is different than a cold. The flu may give you:

- Headaches and/or body aches
- A 100° F or higher fever
- A cough and/or sore throat
- A runny or stuffy nose
- Chills
- Tiredness
- Nausea, vomiting, and/or diarrhea

Get a Flu Shot Every Year

The types of flu change from year to year. To protect yourself, get a flu shot every year. The fall season is the best time to get your flu shot.

You Won't Get the Flu From a Flu Shot

The flu shot does not contain a "live" flu virus, so it cannot give you the flu. Some people may get flu-like symptoms for a few days after the shot, but this is not the flu.

You may still catch the flu later, even if you had a flu shot. But the shot will help because you won't get as sick. You will be less likely to go to the hospital.

Your Family Needs Flu Shots, Too

The flu spreads very quickly from person to person, so all family members need flu shots. Anyone over the age of 6 months can get one. Ask your family members to get their flu shots. It will help keep them from getting sick. They will be protecting you and other family and community members who have diabetes and other health conditions.

Contact your health care provider about getting a flu shot.

