



## Protect Yourself with Vaccines if You Have Diabetes

|  | Which vaccines are recommended?  |
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| VACCINE  | AGE  |
| COVID-19<br>(and boosters)                                 | 6 months old and older  VACCINE  |
| Hepatitis B  | <ul> <li>60 years old or younger</li> <li>If you're over 60 years old—talk with your diabetes care team</li> </ul>                                     |
| Flu (Influenza)  | <ul> <li>6 months old and older (annually)</li> <li>* All people with diabetes advised not to receive live attenuated (nasal spray) vaccine</li> </ul> |
| Pneumonia<br>Older vaccine<br>PPSV23                       | <ul> <li>19–64 years old</li> <li>If you're over 65 years old—talk with your diabetes care team</li> </ul>   |
| Newer vaccines:<br>PCV15 or PCV 20                         | <ul> <li>19-64 years old</li> <li>Adults 65 years old or older—talk with you're diabetes care team about options</li> </ul>                            |
| RSV (Respiratory<br>Syncytial Virus)                       | Adults 60 years old and older  |
| Tdap (Tetanus,<br>Diphtheria,<br>Pertussis)                | <ul> <li>Adults 18 and older</li> <li>If you're pregnant<br/>(booster every 10 years)</li> </ul>   |
| Shingles (Zoster)  | Adults 50 years old or older   |
| Learn more at diabetes.org   1-800-DIABETES (800-342-2383) |  |

This infographic is based on recommendations from the ADA's Standards of Care in Diabetes—2024

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