

Living with Diabetes: Fighting the Flu and Protecting You

While diabetes does not make you more likely to get the flu, it does raise your chances of getting seriously sick—making it extra risky for people living with diabetes.



Call your doctor right away if you experience flu symptoms.



Get vaccinated annually for the flu.



Ask your doctor or pharmacist about getting a prescription for an antiviral treatment if you get the flu. Antiviral treatments may lessen flu complications and work best if started one to two days from when flu symptoms start.

Always check with your doctor or ask your pharmacist for advice if you're sick and not sure what to do.

