



# Protect Yourself with Vaccines if You Have Diabetes

## Which vaccines are recommended?

VACCINE	AGE
COVID-19 (and boosters)	<ul style="list-style-type: none"> <li>■ 6 months old and older</li> </ul>
Hepatitis B	<ul style="list-style-type: none"> <li>■ 59 years old and younger</li> <li>■ 60 years old and older—talk with your diabetes care team</li> </ul>
Flu (Influenza)	<ul style="list-style-type: none"> <li>■ 6 months old and older—recommended annually for individuals without barriers for use</li> <li>■ All people with diabetes are recommended to receive the inactive or recombinant influenza vaccines</li> <li>■ Using the live attenuated (nasal spray) vaccine in people with diabetes is NOT recommended</li> </ul>
Pneumonia <i>Older vaccine PPSV23</i>	<ul style="list-style-type: none"> <li>■ 19 years old and older: one dose is recommended if PCV13 or PCV15 were used in the past—discuss timing of dose with your care team</li> </ul>
<i>Newer vaccines: PCV15 or PCV 20</i>	<ul style="list-style-type: none"> <li>■ 19–64 years old</li> <li>■ 65 years old or older—talk with your diabetes care team about options</li> </ul>
RSV (Respiratory Syncytial Virus)	<ul style="list-style-type: none"> <li>■ 60 years old and older</li> </ul>
Tdap (Tetanus, Diphtheria, Pertussis)	<ul style="list-style-type: none"> <li>■ 18 years old and older: a booster dose every 10 years</li> <li>■ During each pregnancy: a booster dose between 27–36 weeks of pregnancy</li> </ul>
Shingles (Zoster)	<ul style="list-style-type: none"> <li>■ 50 years old and older</li> </ul>

