



Talking with Your Doctor or Pharmacist About Vaccines

Getting sick may affect your blood glucose (blood sugar), making it harder to manage. Vaccines may help keep you from getting sick or avoid serious illness from infections. Having a conversation with your doctor or pharmacist about vaccines—and asking any questions you have—can help you better understand which ones are right for you. Here are some tips for talking with your doctor or pharmacist.

Key Points to Discuss:

Discuss Any Special Considerations

If you have other health conditions or are taking medications, you may need special attention.

Ask "Are there any vaccines I should avoid because of my current medications or other conditions?"

Ask "I do not like getting shots. Are there any alternatives?"

Discuss What to Expect After Vaccination

People with diabetes may have concerns about how vaccines will affect blood glucose levels or overall health. It is important to discuss potential side effects and how to manage them.

Ask "Are there any specific side effects I should watch out for, and will it affect my blood glucose?"

Ask "Will I have a reaction to the vaccine?"

Ask "Is there anything I can do if I do not feel well after my vaccine?"

Ask about which vaccines you should get since you have diabetes

People with diabetes are often at higher risk of serious illness from infections, so it is important to ask about vaccines that are helpful for people living with diabetes.

- Example: "I have type 2 diabetes. Which vaccines should I get to protect myself and why are they important?"

Here are the vaccines you should be aware of and questions you can ask about them:

Flu Vaccine (Influenza)

The flu vaccination changes every year to protect people from the common strains.

Ask "Is the flu vaccine recommended for me, and how often do I need to get it?"

Ask "What is the difference between the injection and nasal spray flu vaccines?"

Pneumococcal Vaccine (Pneumococcal Disease)

Pneumococcal disease can cause mild illnesses like ear and sinus infections but can lead to serious conditions. The two most dangerous are pneumonia and meningitis.

Ask "Do I need the pneumococcal vaccine, and when should I get it?"

Hepatitis B Vaccine

Ask "Should I get the Hepatitis B vaccine, and are there any special considerations for someone with diabetes?"

Shingles Vaccine (Zoster)

The risk of shingles increases after the age of 50.

Ask "Am I a candidate for the shingles vaccine, and when should I get it?"

COVID-19 Vaccine

Ask "What is the current guidance on COVID-19 vaccines and boosters for people living with diabetes?"

Tdap Vaccine (Tetanus, also called lockjaw, Diphtheria, and Pertussis)

Ask "Do I need a Tdap vaccine, and how often do I need to get it to ensure protection?"

RSV (Respiratory Syncytial Virus) Vaccine

RSV season usually starts in late summer or early fall, so the timing of vaccination matters.

Ask "Should I get the RSV vaccine based on my age and health conditions?"

Ask "When is the best time to get vaccinated for RSV?"



Vaccines are a key part of staying healthy when living with diabetes. By talking to your doctor or pharmacist about them, you can take steps to stay protected against illness.



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