

# Prevent, Protect, and Plan to Stay Healthy with Vaccinations

Immunizations and vaccines protect everyone, especially people living with diabetes.

## To stay healthy, follow the three Ps:

### 1 Prevent illness and complications before they happen.

Diabetes puts you at a higher risk of complications from infections. And those complications can be serious. Vaccinations are a powerful way to protect your health.

Talk to your doctor about which vaccines are right for you. This will be based on factors like your age and health history.

Common vaccines for people with diabetes include:

- Flu
- Pneumococcal
- Hepatitis B
- Tdap (tetanus, diphtheria, pertussis)
- Shingles
- COVID-19
- RSV (respiratory syncytial virus)

### 2 Protect yourself from getting sick.

Everyday habits can also help you stay healthy and avoid infections, aim to:

- Wash hands often with soap and water.
- Get enough sleep. Aim for 7-9 hours each night.
- Eat healthy foods. Focus on fruits, vegetables, and whole grains, along with foods high in vitamin C, zinc, and vitamin D.
- Stay hydrated by drinking plenty of fluids.
- Be active. Aim for 150 minutes of physical activity each week (try 30 minutes of activity for five days of the week).
- Manage stress.
- Take medications as directed.

### 3 Plan ahead for sick days so you are ready.

Being sick can affect your blood glucose (blood sugar), making diabetes harder to manage.

#### ➔ BEFORE YOU GET SICK:

Work with your doctor to create a **Sick Day Action Plan** that includes:

- How often to check your blood glucose
- Whether to adjust insulin or medications
- When to check for ketones
- Which over-the-counter (OTC) medications are safe to use
- How to prevent low blood glucose (hypoglycemia)
- What to eat and how to get fluids if sick with vomiting or diarrhea
- When to call the doctor or go to the emergency room (ER), such as for fever, vomiting, diarrhea, or high blood glucose

#### ➔ BUILD A SICK DAY KIT:

Keep these supplies ready:

- Blood glucose testing supplies and backup batteries
- Seven-day supply of diabetes medications (rotate monthly)
  - ◆ Insulin (if prescribed) and needles/pen needles/pump supplies
- Glucose tabs/glucose gels
- Glucagon, if needed (ready-to-use glucagon is preferred)
- Doctor-approved OTC medications
- Ketone test strips
- Thermometer and backup batteries
- Drinks to stay hydrated
- Doctor's contact information and telehealth link

#### ➔ IF YOU GET SICK:

- Keep taking diabetes medications as prescribed unless your doctor advises otherwise
- Stay hydrated and monitor blood glucose frequently
- Call your doctor or go to the ER if symptoms worsen
- If you are at the ER or seeing another doctor, inform them about your diabetes and give them a list of your medications.

#### Ask your doctor about antiviral treatments.

Early treatment can help keep the illness from getting worse and help you recover faster if you get sick with the flu or COVID-19.



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For more information, visit [diabetes.org/Vaccinations](https://diabetes.org/Vaccinations)