

My Path to Protection: Vaccines

Vaccines are a key part of staying healthy when living with diabetes, talk to your doctor about updating your recommended vaccines such as flu, covid, RSV and other recommended vaccines.

Top 5 Reasons to Get Vaccinated

- 1. Prevent Dangerous Infections:** People with diabetes are more likely to have serious complications from the flu and other infections.
- 2. Help Manage Blood Glucose:** Vaccines help you avoid sick day glucose swings that can lead to emergencies like diabetic ketoacidosis (DKA).
- 3. Reduce Hospital Visits and Costs:** Preventing illness saves you time, money, and stress.
- 4. Protect Loved Ones:** Your vaccination helps shield family and friends through community immunity.
- 5. Build Lasting Immunity:** Vaccines give your body help to fight germs before they make you sick.

My Personal Next Step

As a next step, I plan to:

*(Examples: "Talk to my pharmacist about which vaccines I need",
"Schedule my flu shot", or "Ask my doctor about...")*

Trusted Information and Support

For reliable vaccine information, you can always speak with your doctor or pharmacist.

My Doctor Phone: _____ My Pharmacist Phone: _____

My Diabetes Care and Education Specialist:

Name: _____ Phone: _____



Visit the ADA's
Vaccination site

diabetes.org/vaccinations



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Survey

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diabetes.org/dsmesvaccine

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