

My Path to Protection: Vaccines

5 REASONS I SHOULD GET VACCINATED

1. Prevent Dangerous Infections
2. Help Manage Blood Glucose
3. Reduce Hospital Visits & Costs
4. Protect Loved Ones
5. Build Lasting Immunity

PHYSICAL ACTIVITY

Build up antibodies

BLOOD GLUCOSE MONITORING

Head start your immunity

I'd suggest my HCP.

And I'd suggest a family member.

SUPPORT SYSTEM AND HEALTHY COPING

Ease emotional burden and plan for what's next

HOW YOUR IMMUNE SYSTEM WORKS

Understanding makes managing your health easier

MY VACCINATION PLAN

One action I'll consider doing this week:

- ☐ Talk to my doctor or health care team about vaccines
- ☐ Ask my doctor which vaccines I've had
- ☐ Schedule a vaccination
- ☐ Drink water before and after a vaccine
- ☐ Read the facts about vaccines
- ☐ Other

BETTER HEALTH

NUTRITION & WELLNESS

Fuel for strong response

- Eat a variety of produce
- Choose whole grains
- Add protein
- Consider probiotic foods
- Cut back on junk food
- Drink water

mRNA COURSE

REDUCING RISK

Prepare to prevent danger before it happens

MEDICATIONS

Have a sick day plan

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