

Diabetes Flu Tips

Both Seasonal and H1N1 (Swine) Flu

Diabetes "Seasonal" Flu Vaccine Guide **

- People with diabetes (6 months old or older) should receive a yearly "seasonal" flu vaccine beginning in September or October.
- Children with diabetes under the age of 9 who get the seasonal flu vaccine for the first time should get 2 doses at least 28 days apart.
- People with diabetes **SHOULD** receive the seasonal flu shot (inactivated) and **SHOULD NOT** receive flu mist or intranasal (live) flu vaccine.

Diabetes "H1N1 (Swine)" Flu Vaccine Guide **

- People with diabetes (6 months old or older) should receive the H1N1 vaccine.
- Children with diabetes under the age of 9 who get the H1N1 vaccine should get 2 doses at least 21 days apart.
- People with diabetes **SHOULD** receive the H1N1 shot (inactivated) and **SHOULD NOT** receive the "live" H1N1 intranasal flu vaccine.
- People with diabetes may receive the "seasonal" Flu and "H1N1" **INACTIVATED** vaccines at the same visit but using different parts of the body for injection.

Diabetes Pneumonia Vaccine Guide **

- People with diabetes (age 2 or more) should receive a pneumonia shot (PPSV 23).
- A one time revaccination for pneumonia may be recommended for people older than 65.

**** NOTE:** If YOU have egg allergies or have had other allergic reactions — check with your physician before having any flu or pneumonia vaccine.