



If You Have  
**Diabetes,**  
A **Flu** Shot  
Could Save  
Your **Life.**

Prevention <sup>Is</sup> Control.

This message brought to you by the



**CDC**  
CENTERS FOR DISEASE CONTROL  
AND PREVENTION

and your health department.

Dear Diabetes Patient:

For people with diabetes, influenza ("the flu") can mean more than aches and pains. It can mean a longer illness, hospitalization, even death. In fact, people with diabetes are almost 3 times more likely to die with complications of flu and pneumonia.

Call your doctor today to ask about getting a flu shot and vaccine for pneumococcal disease, the cause of the most common form of pneumonia. For most people one dose of pneumococcal vaccine provides lasting protection. You need a flu shot each year just before flu season.

With diabetes, prevention is control.

A health message brought to you by your State Health Department and

