

# KEEP UP WITH YOUR SHOTS & VACCINES



Keeping your blood sugar levels under control can be hard...and it's even harder when you get sick! That's why getting the shots you need to stay healthy is an important part of good diabetes care.

Shots that contain vaccines can help keep you from getting sick. If you do get sick, some shots can help you get well faster, and might stop you from getting even sicker.

**Here are some shots that diabetes patients should get:**

SHOT	WHO NEEDS?	HOW OFTEN?
<b>FLU</b>	All people 6 months or older	1 dose each year
<b>PNEUMONIA</b>	Adults from 19 to 64 years old	A 1-time dose
	Adults over 65 years old	A series of 2 shots
<b>HEPATITIS B</b>	Adults from 19 to 59 years old**	A series of 3 shots
<b>TETANUS</b>	All adults	1 shot every 10 years



\*\*If over 59, check with your doctor...some patients may need.

Some people may also need a shot (vaccine) to protect them against other sicknesses, like shingles or Hepatitis A. **Check with your pharmacist to make sure you get the right shots for you, at the right time!**

## CHILDHOOD SHOTS

**These are some important shots that are given to everyone when they are a child:**

- Measles/Mumps/Rubella
- Chicken pox (Varicella)
- Tetanus/Diphtheria/Whooping cough
- Polio



If you have a record proving you got these shots, give a copy to your doctor. If you have no record or don't remember having these shots, call your pharmacist.

**Keeping up with your shots is important! Call your pharmacist if you:**

- plan to travel out of the country
- have any questions about what shots you need.

Here to help with: Medications, Supplies, Support.

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