



Seasonal Influenza (Flu)

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2011-2012 Flu Season

Influenza: Flu Basics

Take 3 Actions To Fight The Flu

What To Do If You Get Sick

Specific Groups

People at High Risk

Young Children

Adults 65 Years and Older

Pregnant Women

Asthma

Heart Disease & Stroke

► Diabetes

HIV/AIDS

Cancer

Parents

Health Care Workers

Schools & Childcare Providers

Business & Employers

Legal Professionals and Policymakers

Travelers

Health Professionals

Flu Prevention Partners

Flu Activity & Surveillance

Avian Flu

Swine Flu

National Influenza Vaccination Week (NIVW)

Vaccination Pledge

What's New & Updated!

Free Resources

Other Flu Web Sites

[Seasonal Influenza \(Flu\)](#) > [Specific Groups](#) > [People at High Risk](#)

Flu and People with Diabetes

Increased Risk from Flu

People with diabetes (type 1 and 2), even when well-managed, are at increased risk of severe disease and complications, like hospitalization and even death, as a result of getting the flu. This is because diabetes can make the immune system less able to fight severe influenza disease. In addition, illness can raise your blood sugar level. Also, sometimes people don't feel like eating when they are sick, and this can cause blood sugar levels to rise and fall.

Vaccination is the Best Protection against Flu

CDC recommends that people with either type 1 or type 2 diabetes, who are 6 months and older, get a flu shot. (The nasal spray vaccine should not be given to people with diabetes.)

People with type 1 or type 2 diabetes are at an increased risk of developing pneumonia from the flu, therefore a [pneumonia \(pneumococcal\) vaccine](#) is also recommended for them. A pneumonia vaccine should be part of a diabetes management plan.

Other Preventive Actions

In addition to getting vaccinated yearly, people with diabetes should take [everyday precautions](#) for protecting against the flu.

More Information

- [Diabetes & Flu: What You Need to Know and Do](#)
- [Key Facts about Flu Vaccine](#)
- [Influenza and Pneumococcal Vaccine Materials](#)
- [People at High Risk of Developing Flu-Related Complications](#)
- [Treating Influenza \(Flu\)](#)  [848 KB, 2 pages]
- [CDC Obesity and Overweight Web Site](#)
- [Pneumococcal Vaccine](#)

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 Centers for Disease Control and Prevention
1600 Clifton Rd
Atlanta, GA 30333
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