

Protect Yourself: Get the Flu and Pneumonia Shots

The flu and pneumonia can be dangerous for anyone. But when you have diabetes, you're about three times more likely to die from those illnesses. Being sick also can make it harder to control your blood sugar.

Getting the flu and pneumonia shots can help you protect yourself. **Medicare and Medicaid will pay for both shots.**



Flu shot

- The flu shot doesn't always keep you from getting the flu. But it does make it much harder for you to catch it.
- **You can't get the flu from the flu shot.** The shot is made either from killed flu viruses or without the virus at all.
- You need a flu shot every year.
- The best time to get your flu shot is in September or October.
- The flu shot takes about two weeks to work.



Pneumonia shot

- This shot can also protect you from other infections caused by the same germ that causes pneumonia. Those include certain blood infections and infections of the lining of the brain (meningitis).
- **The pneumonia shot doesn't make you sick.** Some people get a little swelling and soreness where they get the shot. This is usually gone in a day or two.
- Most people only need one pneumonia shot over their lifetime. Others might need a booster shot after five years.
- You can get the pneumonia shot any time of year.