

DIABETES AND THE FLU

What is the flu?

The flu is an illness caused by a virus or germ that infects your nose, throat, and lungs. It can spread easily from person to person.

For most people, the flu is a mild illness that lasts only a few days. But, for people with diabetes, the flu can sometimes cause serious health problems.



Who needs a flu shot?

Everyone age 6 months or older needs to get a flu shot or vaccine every year.

Do flu shots cause side effects (problems)?

Most people have no side effects from flu shots. The most common problem is a sore or itchy arm for a day or so where the shot was given. For people who don't like or can't take shots, a nasal spray is also available.



The signs or symptoms of the flu include:

- Headache
- Fever or chills
- Tiredness
- Cough
- Sore throat
- Muscle aches and pains
- Runny or stuffy nose



What should I do?

The best way to protect yourself - and others - from the flu is to:

- If possible, get your flu shot before flu season (October through May)
- Get your shot as soon as it becomes available in your area
- Get the hi-dose flu shot if you are over age 65

Remember: When you get a flu shot, you don't just protect yourself – you also protect everyone around you. For more information, contact your doctor's office or health clinic.