

Vaccinations for Adults with Diabetes

The table below shows which vaccinations you should have to protect your health if you have diabetes. Make sure you and your healthcare provider keep your vaccinations up to date.

Vaccine	Do you need it?
Hepatitis A (HepA)	<i>Maybe.</i> You need this vaccine if you have a specific risk factor for hepatitis A virus infection* or simply want to be protected from this disease. The vaccine is usually given in 2 doses, 6–12 months apart.
Hepatitis B (HepB)	<i>Yes!</i> All adults with diabetes who are younger than 60 and have never received or completed a series of HepB vaccine, should get vaccinated now. If you are 60 or older and diabetic, discuss your need for HepB vaccine with your healthcare provider.
Hib (<i>Haemophilus influenzae</i> type b)	<i>Maybe.</i> Some adults with certain high-risk conditions, for example, lack of a functioning spleen, need vaccination with Hib. Talk to your healthcare provider to find out if you need this vaccine.
Human papillomavirus (HPV)	<i>Maybe.</i> You need this vaccine if you are a woman age 26 or younger or a man age 21 or younger. Men age 22 through 26 with a risk condition* also need vaccination. Any man age 22 through 26 who wants to be protected from HPV may receive it, too. The vaccine is usually given in 3 doses over a 6-month period.
Influenza	<i>Yes!</i> You need a dose every fall (or winter) for your protection and for the protection of others around you.
Measles, mumps, rubella (MMR)	<i>Maybe.</i> You need at least 1 dose of MMR vaccine if you were born in 1957 or later. You may also need a second dose.*
Meningococcal ACWY (Men-ACWY, MCV4)	<i>Maybe.</i> You may need MenACWY vaccine if you have one of several health conditions,* for example, if you do not have a functioning spleen. You need MenACWY if you are age 21 or younger and a first-year college student living in a residence hall and you either have never been vaccinated or were vaccinated before age 16.
Meningococcal B (MenB)	<i>Maybe.</i> You should consider MenB vaccine if you are age 23 or younger (even if you don't have a high-risk medical condition). You may need MenB vaccine if you have one of several health conditions,* for example, if you do not have a functioning spleen.
Pneumococcal (Pneumovax, PPSV; Prevnar, PCV)	<i>Yes!</i> All adults through age 64 with diabetes need to get vaccinated with Pneumovax. If you haven't been vaccinated, you should get 1 dose now. You may also need a 1-time dose of Prevnar, depending on whether you have a certain high-risk condition,* such as immunosuppression, or lack of a functioning spleen. If you are younger than age 65 and have a certain high-risk condition, you will need a dose of Prevnar, if you haven't received it previously, and a second dose of Pneumovax, provided at least 5 years have passed since your first dose. Prevnar and Pneumovax are usually spaced 1 year apart.
Tetanus, diphtheria, whooping cough (pertussis) (Tdap, Td)	<i>Yes!</i> Adults who have not received a dose of Tdap during their lifetime need to get Tdap vaccine (the adult whooping cough vaccine). And, all women need to get a dose during each pregnancy. After that, you need a Td booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus and diphtheria toxoid-containing shots sometime in your life or if you have a deep or dirty wound.
Varicella (Chickenpox)	<i>Maybe.*</i> If you've never had chickenpox, never were vaccinated, or were vaccinated but received only 1 dose, talk to your healthcare provider to find out if you need this vaccine.*
Zoster (shingles)	<i>Maybe.*</i> If you are age 60 or older, you should get a 1-time dose of this vaccine now.

* Consult your healthcare provider to determine your level of risk for infection and your need for this vaccine.

Are you planning to travel outside the United States? Visit the Centers for Disease Control and Prevention's (CDC) website at wwwnc.cdc.gov/travel/destinations/list for travel information, or consult a travel clinic.

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