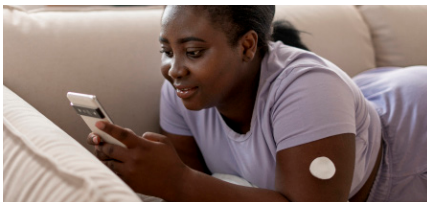


# DIABETES + THE COVID-19 VACCINE Q+A

Learn why people living with diabetes should get the COVID-19 vaccine.

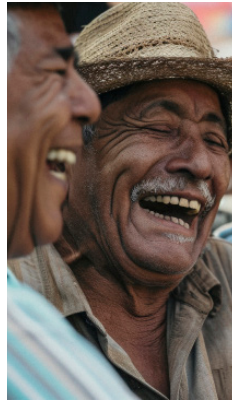
## If I have diabetes, what should I know about the COVID-19 vaccine?

- People living with type 1 or type 2 **diabetes** have a **higher chance** of facing severe complications if they get COVID-19.<sup>1</sup>
- Vaccines are an easy way to reduce the risk of severe illness.<sup>2</sup>



## What vaccines are recommended for all adults, including those with diabetes?<sup>5</sup>

- The **COVID-19** vaccine
- The **flu** vaccine
- The **Tdap** vaccine (prevents tetanus)

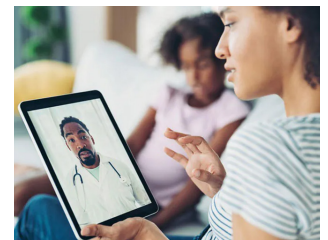


## Who is affected?

- **Asian American, American Indian, Black, Latino and Pacific Islander** communities have a history of **prediabetes**, a serious condition where your blood sugar levels are abnormally high but not high enough to be diagnosed for type 2 diabetes. Prediabetes places you at higher risk of developing type 2 diabetes.<sup>3</sup>
- Other risk factors that can increase the risk of prediabetes include being overweight, being 45 years or older, physical inactivity and family history.<sup>4</sup>

## How can my local health systems help me access the vaccine?

- **Ask if they are able to bring vaccines to your community:**  
*Request vaccine availability at churches, barber shops and schools.*
- **Work closely with community members:**  
*Doctors and other health system staff don't always have to lead the conversations. They can work closely with patients and educators.*
- **Prevention is crucial, and our community can help!**  
*Health systems can work with your local church, art center and more to expand their network and reach residents that may not otherwise look for vaccination services.*



<sup>1</sup> Frequently Asked Questions: COVID-19 and Diabetes. (2024). American Diabetes Association. <https://diabetes.org/getting-sick-with-diabetes/coronavirus-covid-19/how-coronavirus-impacts-people-with-diabetes>

<sup>2</sup> Benefits of Getting A COVID-19 Vaccine. (2023, September 22). Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>

<sup>3</sup> Diabetes Risk Factors. (2022, April 5). Centers for Disease Control and Prevention. [https://www.cdc.gov/diabetes/risk-factors/?CDC\\_AAref\\_Val=https://www.cdc.gov/diabetes/basics/risk-factors.html](https://www.cdc.gov/diabetes/risk-factors/?CDC_AAref_Val=https://www.cdc.gov/diabetes/basics/risk-factors.html)

<sup>4</sup> Prediabetes – Your Chance to Prevent Type 2 Diabetes. (2024, May 15). Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/prevention-type-2/prediabetes-prevent-type-2.html>

<sup>5</sup> What Vaccines are Recommended for You. (2023, September 8). Centers for Disease Control and Prevention. <https://www.cdc.gov/vaccines/adults/rec-vac/index.html>

