

# Respiratory Vaccines for People with Chronic Health Issues

## *Toolkit for individuals living with diabetes*

### OVERVIEW

Respiratory infections such as flu, COVID-19, respiratory syncytial virus (RSV), and pneumonia are common and can be especially challenging for people with conditions like diabetes. These illnesses can worsen existing symptoms and make it harder to maintain daily routines and overall health.

**The good news:** staying up to date on recommended vaccines is one of the most effective ways to reduce these risks. Vaccination helps protect not only individuals, but also families, caregivers, and communities. Depending on your health status, it may be recommended for you to get vaccinations for flu, COVID-19, RSV, or pneumococcal infection.

That's why [CVEEP](#) has developed new resources to help people living with diabetes and other chronic health conditions understand which vaccines may be recommended for them. These include:

- An **easy-to-read fact sheet** highlighting condition-specific respiratory vaccine recommendations
- An **interactive tool** to help individuals living with chronic health conditions determine which respiratory vaccines may be right for them or a loved one
- A **vaccine locator** to help find vaccination sites near you

This toolkit provides ready-to-use resources to help you share this information with your community. You'll find downloadable social graphics, template newsletter copy, sample social posts, a fact sheet and other materials. By using these resources, you can help ensure more people living with diabetes are protected.

### SOCIAL POSTS

When sharing the posts and graphics in this toolkit, please tag or mention our social handle [@CVEEPSocial](#) so that we are notified and can help amplify your posts.

#### **Fact Sheet:**

Living with diabetes or other health issues can make respiratory infections more serious. Visit [@CVEEPSocial's](#) website to learn which vaccines can help protect your health: [cveep.org/rightforyou](https://cveep.org/rightforyou).

#### **Interactive Tool:**

Not sure which vaccines are right for you? Use @CVEEPSocial's new interactive tool to see recommendations based on your health condition and age. Check it out and take charge of your respiratory health: [cveep.org/rightforyou](https://cveep.org/rightforyou).

# Living with **Diabetes?** **Protect Yourself or Your Loved Ones.**

**Vaccines can help prevent serious illness from RSV, pneumonia, flu, and COVID-19. Learn which vaccines are recommended for you.**

**CVEEP**  
Champions for  
Vaccine Education,  
Equity + Progress

# Are You Protected Against Respiratory Illness?

If you live with asthma, diabetes, heart disease, or another chronic condition, your risk from viruses like COVID-19, flu, RSV, and pneumonia is higher. Use our quick tool to see which vaccines are recommended for you.

# Chronic Health Issues **Increase Risk.** Vaccines **Reduce It.**

Respiratory illnesses like COVID-19, flu, RSV, and pneumococcal disease don't affect everyone equally. For people with certain conditions, the risk of severe illness is higher. Vaccines can help protect your health.

**CVEEP**  
Champions for  
Vaccine Education,  
Equity + Progress

## NEWSLETTER COPY

*Template newsletter copy to inform your audiences on the importance of risk-based vaccination for people living with certain health conditions.*

### **Chronic Health Issues Increase Risk. Vaccines Reduce It.**

Respiratory infections such as flu, COVID-19, respiratory syncytial virus (RSV), and pneumonia are common and can be especially challenging for people with conditions like diabetes. These illnesses can worsen existing symptoms and make it harder to maintain daily routines and overall health.

The good news: staying up to date on recommended vaccines is one of the most effective ways to reduce these risks. Vaccination helps protect not only individuals, but also families, caregivers, and communities. Depending on your health status, it may be recommended for you to get vaccinations for flu, COVID-19, RSV, or pneumococcal

infection.

That's why [CVEEP](#) developed new resources to make it easier to stay protected. These include:

- A fact sheet that explains condition-specific risks and outlines vaccine guidance by age.
- An interactive tool to help you determine which vaccines may be recommended for you or your loved ones.
- A vaccine locator so you can quickly find nearby vaccination sites.

Staying up to date on recommended vaccines is one of the most effective ways to protect your health and keep doing the things you love.

Visit [cveep.org/rightforyou](https://cveep.org/rightforyou) to explore these tools and learn which vaccines may be right for you.

# RESOURCES

*The following campaign materials and CVEEP resources help highlight the importance of vaccines, especially for people with chronic health conditions that make them at higher risk for serious illness.*

- [Respiratory Vaccine Guidance](#) (Online Tool)
- [What to Know About Respiratory Vaccines If You Have Diabetes](#) (Fact Sheet)
- [Benefits of Immunization for High Risk Populations](#)
- [Infectious Respiratory Disease Immunization Timeline: Vaccine Considerations for Adults with Increased Risk](#)

# What to Know About Respiratory Vaccines If You Have Diabetes

## Why Vaccination Matters



People living with diabetes face increased risks from respiratory infections. Illnesses such as respiratory syncytial virus (RSV), pneumonia, COVID-19, and flu can cause serious complications, make it harder to manage blood sugar, and greatly increase the likelihood of hospitalization or death. Vaccines help protect your health and can lower your chance of getting very sick.

## Which Vaccines Are Recommended for You



This guide is based on recommendations accurate as of December 1, 2025. As always, talk with your health care provider to help you make the best choice for your health.

A risk-based recommendation is issued when it has been determined that a vaccine may be beneficial to specific groups of people who are at increased risk of contracting or experiencing severe outcomes of a specific disease. These recommendations are often targeted to provide protection to individuals with certain health conditions, lifestyles, occupations, or living conditions.

AGE	RESPIRATORY SYNCYTIAL VIRUS (RSV)	PNEUMOCOCCAL DISEASE	COVID-19	INFLUENZA (FLU)
6–18 YEARS	N/A	✓ Recommended	✓ Recommended	✓ Recommended
19–49 YEARS	N/A	✓ Recommended	Based on individual decision-making. Vaccination is most favorable for those at increased risk for severe COVID-19 disease.	Recommended for nearly everyone 6 months and older. Some flu vaccine types may not be recommended for individuals with certain health conditions. Check with your healthcare provider to choose the right option.
50–64 YEARS	✓ Recommended	✓ Recommended <b>Under 50 years:</b> Recommended for people with asthma, chronic lung disease, or other health conditions that increase risk.		
65+ YEARS	✓ Recommended	<b>50+ years:</b> Recommended for all adults 50 and older.		



**Talk with a healthcare provider if you have questions about which vaccines are recommended for you based on your individual health and medical history.**

## Steps to Protect Your Health.....



- ▶ Recognize that respiratory infections can worsen diabetes symptoms and lead to serious complications.
- ▶ Ask your provider which respiratory vaccines are recommended for you if you have diabetes and based on your age.
- ▶ Keep your respiratory health on track through prevention, regular check-ins, and recommended care.

## What to Do Next.....



If you or someone you care about is living with diabetes, staying up to date on recommended respiratory vaccines is a simple but powerful way to protect your health. Ask your healthcare provider which vaccines are right for you.

Both your health care provider's office and pharmacies are safe, reliable places to get your vaccines. A little preparation before your vaccination appointment can go a long way in ensuring a quick and stress-free experience. Whether you're visiting your doctor or a local pharmacy, here are a few things to bring with you:



**A form of identification**, such as a driver's license or passport.



**An insurance card**, if you have one, as most respiratory vaccines are covered by insurance.



**Your vaccination records**, so providers can check which vaccines you've already received and what you may be due for.



**A list of your medications and allergies** is also important to bring and share with your provider to help ensure a safe vaccination.

**For additional information, visit [cveep.org](https://cveep.org)**

Sources:  
<https://www.cdc.gov/diabetes/index.html>  
<https://www.cdc.gov/rsv/hcp/vaccine-clinical-guidance/adults.html>  
<https://www.cdc.gov/pneumococcal/hcp/vaccine-recommendations/risk-indications.html>  
<https://www.cdc.gov/respiratory-viruses/prevention/immunizations.html>

[cveep.org](https://cveep.org)

JPDATED:12/2025