

# 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		
65+ YEARS	✓ Recommended	<p><b>Under 50 years:</b> Recommended for people with asthma, chronic lung disease, or other health conditions that increase risk.</p> <p><b>50+ years:</b> Recommended for all adults 50 and older.</p>		



**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>

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