



Life is  
a delicate  
balance.

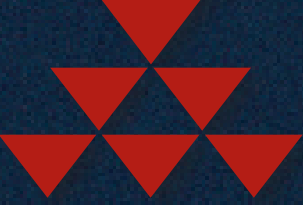
Your flu vaccine  
protects me,  
my flu vaccine  
protects you.



Learn more about flu  
and the flu vaccine by visiting  
[www.flu.gov](http://www.flu.gov) or [www.crihb.org](http://www.crihb.org)



American Indian and Alaskan Natives may be at a greater risk from complications such as hospitalization or death from H1N1, protect you and your community against this disease... it's not too late to get your flu vaccine.



# Fact Sheet for People with Chronic Disease

## How does diabetes affect my body's response to a cold or flu?

Having the flu can be dangerous for anyone. But it is extra risky for people with diabetes or other chronic health problems.

▼ Being sick by itself can raise your blood glucose. An illness can prevent you from eating properly, which also affects blood glucose. In addition, diabetes can make the immune system more vulnerable to severe cases of the flu. People with diabetes who get the flu may become very sick and may even have to go to the hospital. You can help protect yourself from getting the flu by getting a flu shot every year. Anyone with diabetes--even pregnant women--should get a yearly flu shot.

## What should I do when I am sick with the flu?

If you get sick, the CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them. Call your doctor, who may prescribe medicine to fight the flu. Continue to monitor your sugar.

Call your health care provider or go to an emergency room if you have any of the following happen to you:

- ◀ You feel too sick to eat normally and are unable to keep down food for more than 6 hours.
- ◀ You have severe diarrhea.
- ◀ You lose 5 pounds or more (losing weight without trying is a sign of high blood glucose).
- ◀ Your temperature is over 101 degrees F.
- ◀ Your blood glucose is lower than 60 mg/dL or remains over 300 mg/dL.
- ◀ You have trouble breathing.
- ◀ You feel too sleepy or can't think clearly.

H1N1 Flu (Swine Flu) Information [for people with diabetes]

[http://www.cdc.gov/diabetes/news/docs/swine\\_flu.htm](http://www.cdc.gov/diabetes/news/docs/swine_flu.htm)

