

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)	Maybe. You need this vaccine if you have a specific risk factor for hepatitis A* or simply want to be protected from this disease. The vaccine is usually given in 2 doses, 6–18 months apart.
Hepatitis B (HepB)	Yes! 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)	Maybe. 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)	Yes! You should get this vaccine if you are age 26 years or younger. Adults age 27 through 45 may also be vaccinated against HPV after a discussion with their healthcare provider. The vaccine is usually given in 3 doses over a 6-month period.
Influenza	Yes! You need a dose every fall (or winter) for your protection and for the protection of others around you.
Measles, mumps, rubella (MMR)	Maybe. 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 (MenACWY)	Maybe. You may need MenACWY vaccine if you have one of several health conditions,* for example, if you do not have a functioning spleen, and also boosters if your risk is ongoing. 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)	Maybe. You may need MenB vaccine if you have one of several health conditions,* for example, if you do not have a functioning spleen, and also boosters if your risk is ongoing. You may also consider getting the MenB vaccine if you are age 23 or younger (even if you don't have a high-risk medical condition) after a discussion with your healthcare provider.
Pneumococcal (Pneumovax 23, PPSV23; Prevnar 13, PCV13)	Yes! If you're younger than 65 and have diabetes, you 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 you lack a functioning spleen. At age 65 (or older), you will need a second dose of Pneumovax, given at least 5 years after your previous dose of Pneumovax. At that time, you and your healthcare provider may also decide if you would benefit from a dose of Prevnar, if you haven't received it already. Prevnar and Pneumovax are usually spaced 1 year apart.
Tetanus, diphtheria, whooping cough (pertussis) (Tdap, Td)	Yes! If you haven't received a dose of Tdap during your lifetime, you need to get a Tdap shot now (the adult whooping cough vaccine). And all women need to get a dose during each pregnancy. After that, you need a Tdap or 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)	Maybe. 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)	Yes! If you are age 50 or older, you should get the 2-dose series of the Shingrix brand of shingles vaccine, even if you already were vaccinated with Zostavax.

* 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.