

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?
COVID-19	Yes! All adults need to be up to date on COVID-19 vaccination. Talk to your healthcare provider.
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 unvaccinated adults younger than 60 are recommended to complete a 2- or 3-dose series of hepatitis B vaccine, depending on the brand. If you are 60 or older, you or your healthcare provider may decide you should be vaccinated because people with diabetes are at increased risk for hepatitis B. All adults should be screened for hepatitis B infection with a blood test at least one time; talk with your healthcare provider.
Hib (<i>Haemophilus influenzae</i> type b)	Maybe. Some adults with certain high-risk conditions* 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 26 years or younger. Adults age 27 through 45 may also choose to be vaccinated against HPV after a discussion with their healthcare provider.* The vaccine is usually given in 2 or 3 doses depending on the age at which the first dose was given.
Influenza (Flu)	Yes! You need to be vaccinated against influenza every fall or winter for your protection.
Measles, mumps, rubella (MMR)	Maybe. You need at least 1 dose of MMR if you were born in 1957 or later. You may also need a second dose. Pregnant people and people with a severely weakened immune system should not get MMR.*
Meningococcal ACWY (MenACWY, MenABCWY)	Maybe. You may need MenACWY vaccine if you have one of several health conditions,* and also boosters if your risk is ongoing. You need MenACWY if you are a first-year college student living in a residence hall and (1) you have not had a dose since turning 16, or (2) it has been more than 5 years since your last dose. Anyone age 19 through 21 can have a catch-up dose if they have not had one since turning 16. A combination MenABCWY is an option when both MenACWY and MenB are needed.
Meningococcal B (MenB, MenABCWY)	Maybe. You may need MenB if you have one of several health conditions,* 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. A combination MenABCWY is an option when both MenACWY and MenB are needed.
Mpox	Maybe. You need the 2-dose series of mpox vaccine (Jynneos) if you are at risk due to known or suspected exposure to someone with mpox or if you have certain sexual practices that increase your risk of exposure to mpox.* Talk with your healthcare provider.
Pneumococcal (PCV, PPSV23)	Yes! Adults with diabetes need to get either PCV20 or PCV21 alone, or PCV15 followed 1 year later by PPSV23. If you have previously received either PCV13 and/or PPSV23, talk to your healthcare provider about what additional doses you may need.
Respiratory Syncytial Virus (RSV)	Yes! You should get this one-time vaccine if you are 75 years or older, or if you are between the ages of 60 and 74 and are at increased risk of severe RSV.* To protect infants from RSV, either the pregnant person should be vaccinated with Abrysvo (Pfizer) RSV vaccine, or the infant should be given RSV preventive antibody (nirsevimab).
Tetanus, diphtheria, pertussis (Tdap, Td)	Yes! If you have never received a dose of Tdap, you need to get a Tdap shot now. 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 in your life or if you have a deep or dirty wound.
Varicella (Chickenpox)	Maybe. If you have never had chickenpox, never were vaccinated, or were vaccinated but only received 1 dose, talk to your healthcare provider to find out if you need this vaccine.* Pregnant people and those with a severely weakened immune systems should not get varicella vaccine.
Zoster (Shingles)	Yes! If you are 19 or older and have a weakened immune system or are 50 or older, you should get 2 doses of the Shingrix brand of shingles vaccine.

* Consult your healthcare provider to determine 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.

