



Cold weather signals the start of cold and flu season. No one wants to be sick in bed with the flu. If you have diabetes, having the flu can mean that you're sicker for a longer time. You may even need to go in the hospital. The flu can lead to more serious problems, such as ear and sinus infections, bacterial pneumonia, and worsening of other medical conditions, such as asthma or congestive heart failure.

### **Flu symptoms include**

- fever
- headache
- fatigue
- sore throat
- muscle aches
- dry cough

Talk to your doctor right away if you have any of these symptoms.

The best way to lower your risk of getting the flu is to get a flu vaccine, or flu shot, every year. While there's no guarantee that you won't get the flu, even with a flu shot, your chances are much lower if you do.

### **Flu Shot Facts**

- Flu shots are approved for people ages 6 months and older
- You can't get the flu from a flu shot
- You may have a sore arm, or feel tired and occasionally feverish for a few days after getting the shot
- Flu shots are covered by Medicare, Part B and many other health plans
- You should not get a flu shot if you're allergic to eggs
- If you have a cold or respiratory illness, wait until you are well before getting a flu shot
- You can get the flu shot at your doctor's office; some communities offer flu shot clinics, as well.