



THINGS YOU NEED TO KNOW ABOUT INFLUENZA VACCINATION



**Influenza is severe
and unpredictable¹**



**Vaccination reduces the risks
of influenza complications¹**

People living with diabetes are



3x

more likely to be hospitalized
with influenza^{2, 3}

**Vaccination is highly
recommended for people at risk**



**People over 65, children under 5,
pregnant women and people with
chronic medical conditions¹**

**If you are aged
65+, you are
6 times more
likely to have a
heart attack the
week after being
diagnosed with
influenza⁴**



Sources :

- [http://www.who.int/news-room/fact-sheets/detail/influenza-\(seasonal\)](http://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal))
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- Bouter K. P., Diepersloot R. J., Romunde L. K., Uitslager R., Masurel N., Hoekstra J. B., & Erkelens D. W. (1991). Effect of epidemic influenza on ketoacidosis, pneumonia and death in diabetes mellitus: A hospital register survey of 1976-1979 in The Netherlands. *Diabetes Research and Clinical Practice*, 12(1), 61-68. Retrieved from: <https://www.sciencedirect.com/science/article/pii/016882279190131V>
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