People with diabetes are more susceptible to infections. This can be prevented!

- **Blood Sugar Control**
  - Blood sugar < 11 = ↓ Risk of infections

- **Pneumococcal, influenza & Tetanus Vaccines**
  - ↓40% Risk of death when influenza vaccines are used *
  - ↓79% in hospital admissions when influenza vaccines used
  - Get yearly influenza vaccination *
  - ↓65-84% in major pneumococcal infections
  - Tetanus vaccines to prevent problems from cuts

* Information updated according to the Canadian Diabetes Guidelines 2013