



Know YourTM Health Facts

Flu Season



Tips for staying healthy during flu season

**If you have diabetes –
you are 3 times more
likely to be hospitalized
from the flu.***

**The flu may also interfere with your
blood glucose levels.**

But there are steps you can take to protect yourself:

- Get a flu shot! It is the single best way to protect yourself against the flu
- Take prescription flu medicine when your health care provider prescribes it
- Follow special sick day rules for people with diabetes
- Take everyday steps to protect your health

People with diabetes should talk with their health care provider now to discuss preventing and treating the flu. People infected with the flu can pass it on to others a day or two before any symptoms appear, so it is important to make sure the people around you get a flu shot as well.



A Flu shot is the single best way to protect yourself against the flu*

Seasonal flu vaccines have had a very good safety record. Over the years, hundreds of millions of Americans have received seasonal flu vaccines. The most common side effects following flu vaccinations are mild. Healthcare providers recommend that you get the flu shot vaccine not the nasal spray type of vaccine.

Being sick can cause changes in your blood sugar. Also, illness can prevent you from eating properly, which further affects your blood sugar.

In addition, sometimes diabetes can make it more difficult for you to handle an infection like the flu. You can keep yourself from getting the flu by getting a flu shot every year. Everyone with diabetes (Type 1 or Type 2), even pregnant women, should get a yearly flu shot.

The pneumococcal vaccine is also recommended for people with diabetes. One possible complication of the flu can be pneumonia. This vaccine should be part of your diabetes management plan. Talk to your health care provider for more information on getting both vaccines.

Take prescription flu medicine (antiviral medication) when your healthcare provider prescribes it

If you get sick, prescription medicine can make your illness milder and make you feel better faster. These medications do more than relieve the symptoms as they can help prevent serious health problems that can result from flu illness. They work best when started within 2 days of getting sick, so talk with your doctor now about what to do if you start to feel sick, and call your doctor as soon as you get flu symptoms.



Sick day guidelines for people with diabetes

If you have diabetes and are sick with flu-like illness, even if your blood sugars are in good control, you should follow these additional steps:

- Be sure to continue to take your diabetes pills or insulin
- Test your blood glucose levels **every four hours**, and keep track of the results
- Drink extra (calorie-free) liquids, and try to eat as you normally would
- Weigh yourself every day. Losing weight without trying is a sign of high blood glucose
- Check your temperature every morning and night. A fever may be the sign of an infection
- Call your healthcare provider or go to an emergency room if any of the following happen to you:
 - You feel too sick to eat normally and are unable to keep down any food for more than 6 hours
 - You have severe diarrhea
 - You lose 5 pounds or more
 - Your temperature is over 101 degrees F
 - Your blood glucose is lower than 60 mg/dL or remains over 240 mg/dL on 2 checks
 - You have moderate or large amounts of ketones in your urine
 - You are having trouble breathing
 - You feel sleepy or cannot think clearly

Take everyday steps to protect your health

- Try to avoid close contact with people who are sick
- Stay home when you are sick
- Cover your nose and mouth with a tissue when you cough or sneeze
- Wash your hands often with soap and water, especially after you cough and sneeze. If soap and water not available, use an alcohol-based hand rub
- Avoid touching your eyes, nose or mouth
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods
- Have enough medications and supplies to last a week in case you have to stay at home



*Source: CDC.gov/flu. Updated 02/11/2014. Accessed 10/31/2014.



All CONTOUR®NEXT portfolio meters feature:



Yes, you can manage your diabetes. Blood sugar testing is a big part of your diabetes management. By self-testing, you can tell what your blood sugar levels are and how well your diabetes plan is working. Just remember—the power to manage your health is in your hands.

For more information on Bayer Diabetes Care products and services, call our toll-free Customer Service Help Line
at **1-800-348-8100**

(8:00 AM – 12:00 AM, 7 days a week,
Eastern Standard Time) or visit:

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For more help in managing your diabetes, see a diabetes educator. To find an educator: www.diabeteseducator.org



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