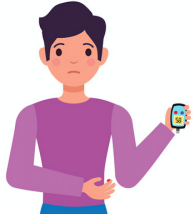


DIABETES AND SEASONAL INFLUENZA (FLU) DURING COVID-19: PROTECT YOURSELF!

HIGH RISK POPULATIONS



Individuals with underlying medical conditions



Children younger than 2 years old



Adults over the age of 65



Pregnant and postpartum women

FLU & COVID-19

Common Symptoms

Fever
Cough
Shortness of breath or difficulty breathing
Fatigue
Sore throat
Runny or stuffy nose
Muscle pain or body aches
Headache
Sometimes, vomiting and diarrhea in children and adults

Differences

Flu causes mild to severe illness
COVID-19 causes more serious illnesses in individuals with chronic medical conditions such as diabetes
COVID-19 symptoms may include change in or loss of taste or smell
COVID-19 may cause blood clots in veins and in arteries of the lungs, heart, legs or brain



CAN FLU AND COVID-19 CAUSE ILLNESS AT THE SAME TIME?

Yes, you may develop flu and COVID-19 at the same time, also known as coinfection. To determine which illness you have developed, testing is recommended.

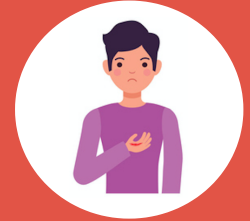
DIABETES IMPLICATIONS



Increased risk of complications from flu and COVID-19.



About 30% of adult flu hospitalizations has been in diabetic patients.



Upper respiratory illnesses such as flu and COVID-19 can suppress your immune system.



Acute illnesses can make it more difficult to control blood sugar.



Blood sugar levels may rise or drop at dangerous levels due to a loss of appetite while fighting infections.

FLU VACCINE BENEFITS DURING COVID-19

- ✓ Reduces health complications.
- ✓ Reduces the risk of getting infected with two diseases at the same time.
- ✓ To avoid flu and COVID-19 complications, now is time to get your flu vaccine.

WHERE TO GET YOUR FLU VACCINE



You may get a flu vaccine at a health center near your public housing development, or at other facilities offering the vaccine.

[Vaccinefinder.org](https://vaccinefinder.org)

To find vaccines near you provided by pharmacies, medical providers, health centers, urgent care and other community locations.

[Findahealthcenter.hrsa.gov](https://findahealthcenter.hrsa.gov)

To find health centers in or immediately accessible to public housing and those serving public housing, voucher recipients, senior and disabled homeless, and other HUD-assisted families.

PROTECT YOURSELF!



1. Prevention is key, so get your flu vaccine.
2. Take **everyday preventive actions** and follow the recommended precautions taken in your community.
3. Always be prepared and maintain at least a 2-week supply of insulin, regular diabetes medications, and foods.

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