

Immunizations Recommended for Adults Living with Diabetes

Children and adults with diabetes should receive vaccinations according to age-appropriate recommendations. This table provides an overview of the vaccinations that are strongly recommended for adults living with diabetes, as well as the vaccinations that are conditionally recommended for adults living with diabetes based on an individualized assessment of person-centred factors. To advocate for all adults with diabetes, this table is not limited by public nor private coverage of vaccines. Rather, a person with diabetes is encouraged to discuss ALL age-appropriate vaccines with the immunizing clinician. This resource is designed to initiate conversations between people affected by diabetes and diabetes educator clinicians. It is expected that the immunizing clinician would have additional knowledge regarding the brand/type of vaccine to administer as well as the immunization series, interval between vaccine doses, cost/coverage, benefits and potential side effects.

This table does not include recommended immunizations for travel. If a person is travelling, and particularly when the person is at higher risk due to the presence of concurrent conditions, such as diabetes, it is recommended that the person see a health care provider for travel-specific health planning, preferably 6 weeks or more before travel.

This table of adult immunization recommendations is in addition to routine childhood immunizations which are beyond the scope of this table. For a list of routine childhood immunizations and the timing thereof, readers are referred to either the Canadian Immunization Guide¹ and/or to the public immunization schedule specific to the province/territory in which the vaccinee resides².

Age-Appropriate Vaccine Recommendations for Adults with Diabetes

Ongoing immunizations: Stay Up-to-Date!

AGE	18	24	26	34	44	50	54	60	64	65	74	75	84 ▶
COVID-19 - Annual (some high-risk: 2 doses/y) ³	Dosing interval: minimum of 3 months from the last COVID-19 vaccine dose. If test-confirmed COVID-19 infection, may consider delaying COVID-19 vaccination for previously vaccinated individuals by 3 months.												
FluShot - Annual ⁴													
Tetanus ⁵ - Diphtheria ⁶ - Pertussis ⁷						Booster every 10 years							

One-time immunization series

Invasive Pneumococcal Disease ^{8,9}	One dose of Pneu-C-21 or Pneu-C-20 is recommended regardless of Pneu-C-13 (Prevnar-13) or Pneu-P-23 (Pneumovax-23) vaccination status.												
Herpes Zoster (Shingles) ^{10, 11}	Recombinant zoster vaccine (RZV) recommended. If previous episode of herpes zoster (HZ), or if the person received live zoster vaccine (LZV), vaccinate with RZV after at least one year.												
Respiratory Syncytial Virus ¹²	Individualize: high-risk populations include diabetes, CKD, and obesity.												
Hepatitis B ¹³	If not vaccinated in childhood or if medical conditions change, e.g., chronic kidney disease (CKD) with or without dialysis. Most people should be immunized with combined hepatitis A + B vaccine.												

Additional vaccines (not specific to people with diabetes)

One-time (Lifetime / Booster) immunization series

Human Papillomavirus ¹⁴	If not previously vaccinated with a complete immunization series.												
Meningococcal-ACYW ¹⁵	Booster at 12 - 24 years old, even if previously vaccinated as an infant or toddler.												
Meningococcal-B ¹⁵													
Measles ¹⁶ - Mumps ¹⁷ - Rubella ¹⁸	Adults born in or after 1970 should receive one dose of the Measles-Mumps-Rubella (MMR) vaccine.												

■ NACI: Adults with diabetes SHOULD be recommended these vaccines ■ NACI: Adults with diabetes MAY be recommended these vaccines (individualize care)

References: 1. Government of Canada. Recommended immunization schedules: Canadian Immunization Guide. Available at: <https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-1-key-immunization-information/page-13-recommended-immunization-schedules.html#t1c12a2>. Accessed November 29, 2024; 2. Government of Canada. Provincial and Territorial Immunization Information. Available at: <https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-4-active-vaccines/page-26-covid-19-vaccine.html>. Accessed December 2, 2024; 3. Government of Canada. COVID-19 vaccines: Canadian Immunization Guide. Available at: <https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-4-active-vaccines/page-26-covid-19-vaccine.html>. Accessed December 2, 2024; 4. Government of Canada. Statement on seasonal influenza vaccine for 2024-2025. 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