



April 21, 2021

As Canadians continue to receive COVID-19 vaccines, we have received questions from the diabetes community about which vaccine people living with diabetes should be getting.

**Diabetes Canada encourages adults living with type 1 or type 2 diabetes to receive the COVID-19 vaccine when it is accessible, in consultation with their health-care provider.**

The benefits of being vaccinated outweigh potential risks that could be associated with these vaccines, as well as the risks of contracting COVID-19. All the vaccines approved for use in Canada dramatically reduce the risk of hospitalization, severe illness, and death due to COVID. People living with both type 1 and type 2 diabetes were included in the vaccine clinical trials, with no increase in adverse events reported in these participants. There is no single vaccine that is better than others for people with diabetes.

**Vaccine side effects.** Some people can experience mild reactions from [COVID-19 vaccines](#), such as:

- Painful, heavy feeling and tenderness at the injection site, and/or
- mild fever, headache, fatigue, or general aches after the vaccination.

All these are common reactions and resolve in a few days. If you have questions about the getting the COVID-19 vaccine, please discuss your specific circumstance with your health-care provider.

**Contracting COVID-19.** If you do contract COVID-19, an FAQ about COVID-19 and diabetes can be found on our [website](#). If you have diabetes and you become unwell for any reason, it is important that you practice [sick day management](#). That includes staying in touch with your diabetes care team.

Sincerely,

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