Influenza (flu) season is here. According to CDC, flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. Less often, a person might also get the flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose.

If you have diabetes you are at a high risk for developing complications from the flu. In addition, the flu can lead to bronchitis; ear and sinus infections; dehydration; or even death.

The flu can also be dangerous for persons 65 years old and over, children (especially under the age of 2), pregnant women, and those with other chronic health conditions.

Vaccines can help protect you from the flu. Talk to your health care provider or pharmacist about your vaccine options.