

# Protect yourself from pneumococcal disease... Get vaccinated!

## What is pneumococcal disease?

Pneumococcal disease is caused by bacteria that can lead to serious infections in the lungs (pneumonia), blood, and brain (meningitis).

## How do you catch it?

You can catch pneumococcal bacteria from infected people who cough or sneeze around you.



## Is it serious?

Ask your healthcare provider if you should get these vaccines!

Yes. Even with good medical care, pneumococcal disease can be deadly. The disease is hard to treat because some bacteria have become resistant to antibiotics. Pneumococcal bacteria can cause pneumonia, blood infections, and meningitis. Such infections can lead to deafness, brain damage, and even death.

## Am I at risk?

Yes. Anyone can get pneumococcal disease. You are at greater risk if you are 65 or older, very young, or have certain health conditions.

## How can I protect myself from pneumococcal disease?

You can protect yourself against these serious types of blood and brain infections by getting vaccinated.



There are two vaccines – PPSV23 and PCV13 – that can prevent pneumococcal disease. PPSV23 is given at age 65 or older. PCV13 can also be given at this age – talk to your healthcare provider.

You might need these shots before age 65 if you are a smoker or if you have certain health conditions.

► For more information, visit [www.vaccineinformation.org](http://www.vaccineinformation.org)

For other vaccine handouts in this series, visit [www.immunize.org/vaccine-summaries](http://www.immunize.org/vaccine-summaries)

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