

Let's Talk!

A guide for discussing vaccination for
pneumococcal pneumonia



A guide to discussing vaccination for pneumococcal pneumonia with your healthcare provider

This discussion guide is intended to help spark a meaningful conversation about pneumococcal pneumonia vaccination with your healthcare provider. Getting vaccinated can help protect against pneumococcal pneumonia. In fact, the Centers for Disease Control and Prevention (CDC) recommends pneumococcal vaccination for adults 65 and older. Talk to your healthcare provider to see if vaccination is right for you.



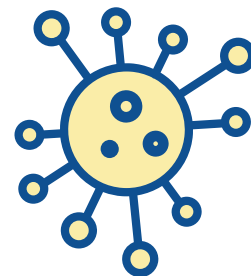
Use this checklist to address important topics related to pneumococcal pneumonia with your healthcare provider.

✓ Pneumococcal pneumonia is different from the cold and flu

Unlike a cold or the flu, which are caused by viruses, pneumococcal pneumonia is caused by bacteria. Symptoms can be severe and hit you without warning. In fact, it can take weeks before you feel like yourself again—the fatigue can make it hard to get through the day.

✓ Pneumococcal pneumonia is a potentially serious disease. Know the facts:

- It's caused by a common bacteria that can be spread from person to person through cough or close contact
- It can be caught anywhere, anytime
- It can cause parts of your lungs to inflame and fill with mucus, making it harder to breathe
- The average hospital stay for those requiring hospitalization is approximately 5 days



✓ Age

It's a fact that adults who are 65 and older are over 10x more likely to be hospitalized with pneumococcal pneumonia than adults younger than 50.

65↑

✓ Chronic health conditions

Certain chronic health conditions can increase your risk for pneumococcal pneumonia. Compared to healthy adults 65 and older, the risk is increased by:

7.7x for patients with chronic obstructive pulmonary disease (COPD)

3.8x for patients with heart disease

5.9x for patients with asthma

2.8x for patients with diabetes

✓ Lifestyle

Cigarette smokers are at increased risk. Smoking damages fragile lung tissue, making lungs more vulnerable to infection.



✓ While considering flu vaccination, it's also important to consider pneumococcal vaccination

- According to the CDC: "Pneumococcal pneumonia is an example of a serious flu-related complication that can cause death."

"People who are 65 years and older should be up to date with pneumococcal vaccinations to protect against pneumococcal disease, such as pneumonia, meningitis, and bloodstream infections."

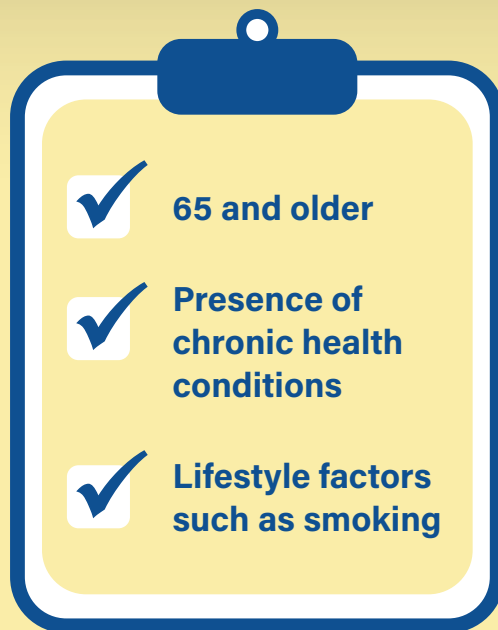


✓ Vaccination will not give you pneumococcal pneumonia

You can't catch pneumococcal pneumonia from getting vaccinated, because pneumococcal vaccines do not contain a live virus or bacteria.



Check to see if you
have some of the
pneumococcal pneumonia
risk factors



Reduce your chance of getting pneumococcal pneumonia—discuss vaccination with your healthcare provider today.

