

# The pneumonia vaccine

What you need to know and how to protect yourself



## → What is pneumonia?

Pneumonia is an illness that can affect your lungs, blood, and brain. Pneumonia can cause:

- Cough
- Shortness of breath
- Fever
- Hospitalization
- Your lungs to swell, making it harder to breathe
- Death

→ It can spread through direct contact with body fluids like saliva and mucus.

## → What is the pneumonia vaccine?

The pneumonia vaccine helps protect against pneumonia and any other infection caused by this type of bacteria.

→ Who should get the pneumococcal vaccine?



Adults ages 65 and older



Adults ages 19 to 64 who take medicine that weakens their immune system (which lowers their ability to fight infections)

→ What are some common side effects of the vaccine?



- Redness, swelling, or pain where you got the vaccine
- Chills
- Fever
- Loss of appetite
- Feeling very tired
- Headache, muscle aches, or joint pain



Anyone can get these infections, but they are especially dangerous for:

- Older adults
- Adults with diabetes
- Adults with lung disease
- Adults with heart disease
- Adults with kidney disease

## → What causes pneumonia?

Pneumonia is caused by a bacteria called streptococcus pneumoniae. Streptococcus pneumoniae can cause different types of infections, such as:

- **Pneumonia:** lung infection
- **Bacteremia:** blood infection
- **Sinusitis:** sinus infection
- **Meningitis:** brain and spinal cord infection
- **Otitis Media:** middle ear infection



To learn more, visit:  
<https://www.cdc.gov/vaccines/vpd/pneumo/index.html>

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