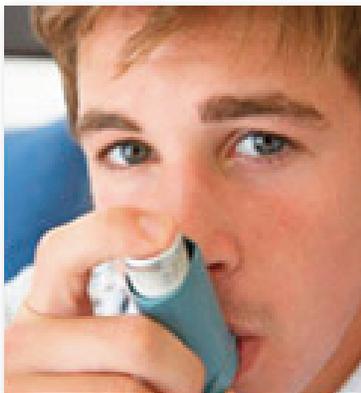


Pneumonia May Be Prevented... Vaccines Can Help



Encourage friends and loved ones with certain health conditions, like diabetes and asthma, to get vaccinated against the flu and bacterial pneumonia.

When bacteria, viruses or, rarely, fungi living in your nose, mouth, sinuses, or the environment spread to your lungs, you can develop pneumonia or other infections. You can catch the bacteria or viruses from people who are infected with them, whether they are sick or not.



The vaccine is most effective
in preventing invasive
pneumococcal disease (IPD)
which usually causes death.



For more information
about pneumococcal
polysaccharide vaccine...

Ask your
healthcare provider
or local health department



**Ohio Department of Health
Immunization Program**

246 N. High St
Columbus, OH 43215

1-800-282-0546

1-614-466-4643

Email: Immunize@odh.ohio.gov

Resources:

CDC:

<http://www.cdc.gov/>

Ohio Department of Health:

<http://www.odh.ohio.gov/>

ODH 3946.11 (New 11/10)

**Pneumococcal
Polysaccharide Vaccine**

The Pneumonia Shot



Protection for a Lifetime

What is pneumococcal disease?

Pneumococcal disease is a bacterial infection of the lungs “pneumonia,” blood stream “sepsis” or brain and spinal cord linings “meningitis.” Pneumonia is a serious illness which-together with influenza-is the eighth leading cause of death in the United States (fifth for persons aged 65 and older).



Pneumococcal disease causes 175,000 pneumonia hospitalizations, 50,000 cases of sepsis and up to 6,000 cases of meningitis every year. Across the world, pneumonia causes more deaths than any

other infectious disease such as AIDS, malaria or tuberculosis (TB). The death rate from pneumonia is higher in the elderly population. The death rate has been decreasing and could be further reduced through continued use of the pneumococcal vaccine.

How does pneumococcal disease spread?

The disease is spread from person to person by droplets in the air. The pneumococci bacteria are common inhabitants of the human respiratory tract. They may be isolated from the nasopharynx of 5%-70% of normal, healthy adults.

Who should be vaccinated?

Pneumococcal polysaccharide vaccine—often called the “pneumonia shot” - is recommended for the following persons:

- People aged 65 and older
- People two years of age and older who have problems with/have:
 - Splenic dysfunction or absence
 - Immunocompromised
 - Lungs
 - Heart/cardiovascular
 - Liver
 - Kidneys
 - Cochlear implants
 - Diabetes
 - Sickle cell disease
 - HIV/AIDS
 - Cancers/malignancy
 - Leukemia/lymphoma
 - Organ transplant
 - Alcoholism/cirrhosis
 - Cerebrospinal fluid leak
- People 18-64 years old who:
 - Smoke cigarettes
 - Have asthma



A different type of vaccine—pneumococcal conjugate—is recommended for all children aged 2 to 71 months old and certain children from 2 to 18 years old.

A pneumococcal polysaccharide vaccine may be given to younger high-risk patients at least 8 weeks after last pneumococcal conjugate vaccine. Please check with your healthcare provider for more information.

How often do I need to get a shot?

A single dose of pneumococcal polysaccharide vaccine is all that is needed for most unvaccinated persons aged 65 years old and over.

Persons under the age of 65 years old with certain medical conditions also need to receive the vaccine, check with your healthcare provider.

A one-time revaccination dose five years after the first dose is recommended for all persons with certain medical conditions and all persons over the age of 65 years old who received their first dose before the age of 65. No additional doses are required.

When can I get the shot?

You can receive the vaccine any time of the year. It is available from most healthcare providers so be sure to ask about it.

Will the shot make me sick?

No. The vaccine is very safe and does not make you sick. Some people get some swelling and soreness where they get the shot. This usually goes away in about a day or two.

How long does it take to show signs of pneumococcal disease after being exposed?

As noted above, many people carry the bacteria in their nose and throat without ever developing invasive disease.