

The Pneumonia Shot

Pneumonia shots save lives by protecting against **pneumococcal disease**. **Pneumococcal** disease is more than just **pneumonia**. It is a very serious illness. It can cause infection in your bloodstream and in the lining of your brain.

Anyone can get **pneumococcal disease**. Adults over the age of 65 are at greater risk for complications.

Everyone who is 65 or older should get a **pneumonia** shot.

If you are younger than 65, you should get a **pneumonia** shot if you:

- Have chronic heart disease, lung disease, liver disease, kidney disease or diabetes
- Have sickle cell disease
- Have certain cancers such as Hodgkin's disease, lymphoma, leukemia or multiple myeloma
- Have had your spleen removed
- Have a weakened immune system, caused by cancer, medicines, HIV, or AIDS
- Are an Alaskan Native or Native American
- Live in a nursing home or other care facility



Most people receive the **pneumonia** shot when they reach 65. If you had a **pneumonia** shot before you turned 65, and got the shot more than 5 years ago, you will need a 'booster' shot.

After the shot, your skin may be red or sore where the needle went in.

Ask your health care team if you need a **pneumonia** shot.