

The pneumococcal
shot is...

Safe,
Simple

and could

Save
your life!

REMEMBER!

Even if you have
had pneumonia, you still
NEED the shot!!

This message is brought to you by:

North Dakota Department of Health
North Dakota Public Health Association
North Dakota Pharmacy Association
BlueCross BlueShield of North Dakota
AARP ND
North Dakota Department of Human
Services, Aging Services Division
North Dakota Medical Association
North Dakota Health Care Review, Inc.

Prevent
Pneumonia
With...

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What is pneumonia?

Pneumonia is an inflammation or infection of the lungs. The lungs' air sacs fill with mucus and other liquid and cannot receive oxygen.

Why get vaccinated?

In the United States, pneumonia/influenza is the fifth leading cause of death in people age 65 and older.

How often do you have to get a shot?

People age 65 and older need only **ONE** shot. This protects them for a lifetime.

People at high risk may need a booster shot. Consult your physician.

More than 90 percent of all deaths due to pneumonia are in people age 65 and older.

Who should be vaccinated?

- Adults age 65 or older (even if healthy)
- Adults and children with a health problem, such as:
 - Diabetes
 - Cancer
 - Heart, lung, liver or kidney disease
 - Other chronic health conditions*

Where can I get a pneumonia shot?

Check with your:

- Local public health unit
- Health-care provider
- Local pharmacist

Remember...

You can get the pneumonia shot at any time of the year.