

Prevent Pneumonia With... 1 SHOT

The pneumococcal shot is

Safe, **S**imple
and could
Save your life!

Who?

- 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?

- Check with your:
- Local public health unit
 - Health-care provider
 - Local pharmacist

When?

You can get your pneumonia shot at any time during the year.

REMEMBER!

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