


KNOW PNEUMONIA

Are you 65 or older? Are you 19 or older living with certain chronic health conditions such as asthma or diabetes? If so...

LET'S TALK!

This guide will help you understand your risks for pneumococcal pneumonia, and how you may lower them. Start the conversation with your doctor today.

From the people at 

Natalie, 41
Asthma

Actor portrayal.



The conversation starts here!

Use this information to help guide your conversation about important topics related to pneumococcal pneumonia with your doctor or pharmacist. Learn more about your risk at [knowpneumonia.com](https://www.knowpneumonia.com).



Pneumococcal pneumonia is not a cold or the flu

A cold and the flu are caused by viruses, while pneumococcal pneumonia is caused by bacteria.

Pneumococcal pneumonia can be serious. Some people who get it continue to feel the impact of the disease for weeks—or even longer. It could also land you in the hospital or even be life-threatening.

If you're considering getting a flu vaccine, ask your doctor or pharmacist if getting a pneumococcal pneumonia vaccine is right for you.



Pneumococcal pneumonia is a potentially serious lung disease

- It can be spread from person to person through coughing or close contact
- It can strike any time of the year—rain or shine—and you can get it anywhere
- It can cause parts of your lungs to become inflamed and fill with mucus, making it harder to breathe
- The average hospital stay for adults requiring hospitalization is approximately 5 days

Who's at risk?

If you're an adult living with certain chronic health conditions, your risk for pneumococcal pneumonia is increased.*

Ages	18-49	50+	65+
Asthma	5.0x greater risk	5.9x greater risk	4.9x greater risk
Chronic Lung Disease	19.1x greater risk	16.3x greater risk	9.2x greater risk
Diabetes	4.7x greater risk	4.4x greater risk	3.3x greater risk
Chronic Heart Disease	6.9x greater risk	7.1x greater risk	4.4x greater risk

*Compared to healthy adults in the same age range.



Age alone can increase risk

It's a fact that adults who are 65 or older are over 10x more likely to be hospitalized with pneumococcal pneumonia than adults younger than 50.



Other health factors can also increase risk

Smoking can increase your risk because it damages fragile lung tissue, making lungs more vulnerable to infection. Certain immunosuppressive conditions and medicines also increase risk, such as some cancers and cancer treatments.

Good news about vaccination

Getting vaccinated is one of the best ways to help protect yourself! That's because getting a pneumococcal vaccine produces antibodies that help protect against certain pneumococcal bacteria that can cause disease. Ask your doctor or pharmacist about it today. And if you've already received a pneumonia vaccine, ask if an updated one can provide additional protection. [Learn more about your risk at knowpneumonia.com.](https://www.knowpneumonia.com)

Check to see if you have some of the pneumococcal pneumonia risk factors:

- ✓ You are 19 or older living with a chronic health condition such as:
 - Asthma
 - Chronic lung disease
 - Diabetes
 - Chronic heart disease
- ✓ You are 65 or older
- ✓ You smoke
- ✓ You are immunocompromised

Ask your doctor or pharmacist about protecting yourself from pneumococcal pneumonia with a vaccination.

Already vaccinated? Ask how a different vaccine may help provide you with additional protection.

Go to
[knowpneumonia.com](https://www.knowpneumonia.com)
to understand
your risk