



HELPING PROTECT YOURSELF AGAINST PNEUMOCOCCAL PNEUMONIA

When You Live with Chronic Heart Disease

Why am I at risk for pneumococcal pneumonia?

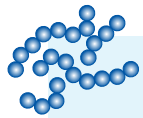
Because you are living with chronic heart disease, your risk for pneumococcal pneumonia is increased.

Compared to healthy adults aged 18 to 49, your risk increases:

7x if you are 18 to 49

16x if you are 50 to 64

27x if you are 65 to 74



What is pneumococcal pneumonia?

Pneumococcal pneumonia is a potentially serious lung disease

- It is not a cold or the flu – it's caused by bacteria that can spread 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 hard to breathe

In serious cases, pneumococcal pneumonia can land you in the hospital or even be life-threatening

How can I help protect myself?

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.



The Centers for Disease Control and Prevention recommends that adults with chronic heart disease get vaccinated against pneumococcal pneumonia.



What if I got a pneumonia shot already?

If you have received a pneumonia vaccine in the past, you may need another one at least 1 year later for additional protection.

Talk to Your [Pharmacy/Care/Medical] Team to Schedule Your Pneumococcal Vaccine Today!

Scheduled Visit Date: _____ Time: _____

Vaccine: _____

Notes: _____