

### Who should receive the vaccine?

It is recommended that you receive the pneumococcal pneumonia vaccine if you are in any of the following groups:

- You are 65 years old or older
- You have a serious long-term health problem like heart disease, diabetes, liver cirrhosis, alcoholism or lung disease (not asthma)
- You have a low immune system due to HIV, AIDS, cancer, organ transplantation, kidney failure or have a damaged / no spleen.

### When and how can you get immunized?

Pneumococcal vaccine may be given at any time of the year. You can receive it at the same time as your flu shot, at a separate injection site.

You can ask your doctor if you should receive the pneumonia vaccine.

### Who should not receive the vaccine?

Anyone who:

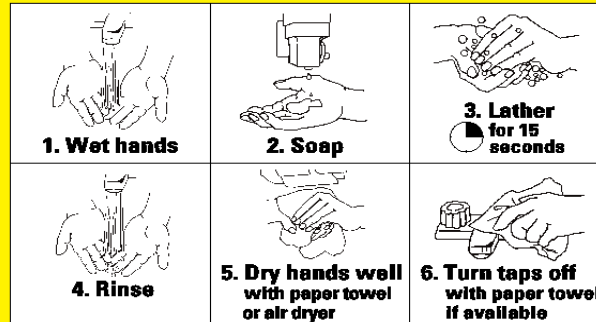
- is under the age of 2 years
- is currently feeling unwell/sick
- has an allergy to the vaccine or any part of the vaccine
- has received the vaccine within the past 3 years.

### What are the side effects of the vaccine?

The most common side effect is soreness and swelling at the injection site for a day or two. Occasionally, slight fever may occur.

It is important to always practice proper handwashing!

## Handwashing



### Always Wash Your Hands

- before and after touching food
- after using the washroom
- after sneezing, coughing or blowing your nose
- after touching pets or handling garbage
- after outdoor activities

TORONTO Public Health

# Pneumococcal Pneumonia

Information for  
Patients and Visitors

at St. Joseph's Health  
Centre

ST. JOSEPH'S  
HEALTH CENTRE TORONTO

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# Pneumococcal Pneumonia - Information for Patients and Visitors

## What is Pneumococcal pneumonia?

Pneumococcal pneumonia is a lung disease that can also spread to the blood and brain.

Pneumococcal pneumonia mainly causes illness in children younger than 2 yrs old and adults 65 years of age or older. The elderly can even die from the disease. In addition, people with certain medical conditions are also at risk for developing this disease.

## What causes Pneumococcal pneumonia?

Bacteria called Streptococcus pneumoniae cause pneumococcal pneumonia. This bacterium is also called pneumococcus.

## How is pneumococcal pneumonia transmitted?

It is spread by direct contact between people who are ill or who carry the bacteria in their throat. It spreads through respiratory droplets from the nose or mouth of an infected person.

## What are the symptoms for pneumococcal pneumonia?

It may begin suddenly, with a severe shaking chill followed by high fever, cough, shortness of breath, rapid breathing and chest pains. Other symptoms include nausea, vomiting, headache and tiredness.

## How is pneumococcal pneumonia diagnosed?

Pneumonia can be diagnosed based on: symptoms, physical exam, lab tests and chest X-ray. It can also be diagnosed by finding the bacteria in blood, saliva or lungs.

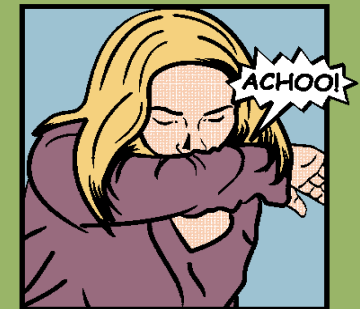
## How is pneumococcal pneumonia treated?

It is treated with antibiotics. The symptoms usually go away within 12 to 36 hours after starting the antibiotic. It is very important that all of the antibiotics are taken even if you feel better.

## How can pneumococcal pneumonia be prevented?

The pneumococcal vaccine is the only way to prevent pneumococcal pneumonia. Vaccines are available for both children and adults.

## No tissue?



## Do the Sleeve Sneeze.

- Cough or sneeze into your sleeve
- Keep your hands clean
- Stop the spread of GERMS