

PNEUMONIA can be prevented

What is Pneumonia?

Pneumonia is an infection of the lungs that can be deadly. Signs of pneumonia can include coughing, fever, fatigue, nausea, vomiting, rapid breathing or shortness of breath, chills, or chest pain. Certain people are more likely to become ill with pneumonia, including adults 65 years of age or older.



How do I prevent Pneumonia?

Pneumonia can be prevented by getting the Pneumonia (Pneumococcal) shot, washing your hands regularly and covering your cough. The most effective way is to get the Pneumonia shot.

You should get the Pneumonia shot, if you:

- are an adult age 65 or older.
- have a weakened immune system.
- have a chronic health condition such as diabetes, heart disease, asthma, kidney disease or cancer.

www.scdhec.gov/flu
1-800-868-0404

protect *yourself.*
protect *your family.*
prevent the flu.

When and How often should I get the Pneumonia shot?

Unlike the flu shot, most people only need one to two Pneumonia shots in their lifetime. It is suggested that anyone 65 or older get a Pneumonia shot even if they received one earlier in life.

The Pneumonia shot can be given any time of year, so ask your doctor if you need a Pneumonia shot.

***If you do not know if you need a Pneumonia shot,
talk to your doctor or health care provider.***



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