

Vaccines save lives

Protect yourself from pneumonia



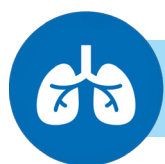
Have you had your pneumonia vaccine?

Our goal is for everyone to be protected! There are four different pneumonia vaccines. Not sure if you had one? Check with your health care office, pharmacy or anywhere else you have been vaccinated. They can check their records or the state vaccine registry. Your health can't wait, talk with your health care team about the vaccine. Our team can help check if you had the pneumonia vaccine.



Know the facts about pneumonia vaccines.

Until recently, pneumonia shots were given in a series. But now Prevnar 20 covers you with one shot. It helps protect against 20 types of bacteria that can cause serious infections. That includes pneumonia, ear infections, sinus infections, meningitis and bacteria that can cause sepsis. The vaccine does not have live bacteria in it so it cannot give you pneumonia. You can take it at the same time as other vaccines.



Protect your lungs.

Pneumonia is an illness that fills the lung air sacs with fluid or pus. There are many risk factors for pneumonia. People age 65 and older and those who live in long term care facilities have a higher risk. This is due to age and conditions such as difficulty swallowing from a stroke or dementia.

Stay healthy and prevent pneumonia:

- **Get vaccinated for pneumonia** - it's the #1 way to avoid sickness
- Take the flu, RSV and COVID-19 vaccines
- Wash your hands regularly
- Wear a mask if you have a cough or are near ill people
- Stop smoking
- Maintain a healthy diet

Together, we can make a plan for your best protection!

Scan to learn more about the Prevnar vaccine:

