



## *PNEUMOVAX VACCINE*

### *2010-2011*

ANOTHER VACCINE OFFERED THIS FLU SEASON AT QCOH

#### **WHAT CAN I DO TO PREVENT PNEUMOCOCCAL DISEASE?**

- Pneumococcal diseases are caused by common bacteria. Health problems can allow these bacteria to multiply and spread, causing infections that can make you very sick.
- Pneumonia is the most common pneumococcal disease among adults in the U.S. Each year in the United States, it is estimated that pneumococcal infections cause:
  - ✓ 175,000 hospitalizations for pneumonia
  - ✓ More than 50,000 cases of bacteremia (infection in the blood)
  - ✓ 3,000 to 6,000 cases of meningitis (infection of the lining of the brain).
- Wash your hands frequently with soap and water or alcohol-based hand wash.
- GET THE PNEUMOVAX VACCINE!

#### **WHO SHOULD GET A PNEUMOVAX VACCINE?**

- People 65 y/o or older
- 2 to 64 years of age with any of the following health problems:
  - ✓ smokers
  - ✓ asthmatics
  - ✓ Heart disease
  - ✓ diabetes
  - ✓ lung disease
  - ✓ certain types of cancer
  - ✓ those receiving medication or radiation treatment that affects the immune system
  - ✓ HIV/AIDS
  - ✓ kidney disease
  - ✓ those who have had their spleen removed
  - ✓ sickle cell disease
  - ✓ organ or bone marrow transplant
  - ✓ liver disease
  - ✓ alcoholism
- If you are in one of the above groups. You may be at increased risk for pneumococcal diseases.