

Talk to your
doctor, nurse or
pharmacist!

Know your
risk

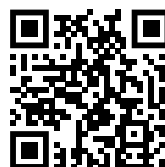
Answer the questions on the reverse side, then talk to your doctor, nurse or pharmacist about your risk for pneumococcal pneumonia. While you're there, ask for their recommendations on how you can help protect yourself.

ARE YOU AT RISK?

If you're aged 70 or older, you may be at increased risk of pneumococcal pneumonia.

This leaflet will help you understand what it is, how it can affect you and why you may be at increased risk.

To find out more about pneumococcal pneumonia, visit mylunghealth.com.au by scanning the QR code.



Reference: 1. Patel C, et al. *Commun Dis Intell*. 2022;46.

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ONLY LIFE
SHOULD LEAVE
YOU BREATHLESS

PROTECT YOURSELF
AGAINST
PNEUMOCOCCAL
PNEUMONIA

Make an appointment with
your GP or pharmacist today

Please ask your doctor about other conditions that can cause breathlessness.

Did you know?

Older adults are **more than 5x** likely to be hospitalised with pneumococcal pneumonia compared to younger adults.¹

What is it?

Pneumococcal pneumonia is a potentially serious lung infection caused by a type of bacteria called pneumococcus. It can spread by someone coughing or sneezing.

How can it affect me?

Common symptoms may include **cough, fever, chills, shortness of breath, chest pain and fatigue**. It can take weeks before you feel like yourself again. In severe cases, it can put you in the hospital and be life-threatening.

Am I at increased risk?

Even if you're active and healthy, as you get older, your **immune system weakens** and is not able to fight infections as well as it used to. This can make it more difficult for your body to defend you against pneumococcal pneumonia.

Talk to your doctor, nurse or pharmacist about your risk for pneumococcal pneumonia and ask about preventative measures.

Know your risk

Answer the questions below and share your results with your doctor, nurse or pharmacist.



How old are you?

- ☐ Under 50 ☐ 50-59
☐ 60-69 ☐ 70 or older

Age is one of the primary risk factors for pneumococcal pneumonia.



Do you have any chronic conditions (e.g. diabetes, heart disease, asthma or chronic lung disease) or a weakened immune system?

- ☐ YES ☐ NO

Chronic conditions can increase a person's risk for pneumococcal pneumonia.



Have you recently had a cold, the flu, COVID-19, or respiratory syncytial virus (RSV)?

- ☐ YES ☐ NO

Pneumococcal pneumonia can be triggered by a cold, bout of the flu or other viruses.



Do you smoke?

- ☐ YES ☐ NO

Smoking damages lung tissue, making lungs vulnerable to infections like pneumococcal pneumonia.