

# MYTHS & FACTS

Understanding the risks of **PNEUMOCOCCAL PNEUMONIA**

**MYTH** Pneumococcal pneumonia isn't serious; it's probably just a bad cold.

**FACT** **INCORRECT!** Pneumococcal pneumonia is serious.

IT KILLS  
UP TO  
**1 IN 14 PEOPLE**  
WITH A HIGHER RISK FOR THE ELDERLY.

**MYTH** I'm healthy, so it doesn't affect me.

**FACT** **FALSE!** It can affect anyone. These lifestyle habits can also increase your risk:

- **ALCOHOLISM**
- **SMOKING**
- **ILLCIT DRUG USE**

**MYTH** By practicing good hygiene, I don't need a vaccine to help prevent it.

**FACT** **NOT TRUE!** Pneumococcal pneumonia can spread regardless of personal hygiene.



Pneumococcal vaccination adds another layer of protection.

**MYTH** I can only get pneumococcal pneumonia during the flu season.

**FACT** **NOT TRUE!** You can get it anytime.

**MYTH** Only the elderly can get it.

**FACT** **WRONG!** You're at risk if you're **50+ or 18+** WITH A RISK FACTOR



Risk factors:

- Chronic lung disease (including **asthma** and COPD)
- Chronic heart disease
- Chronic liver disease
- Immunosuppression (for example: from transplants, HIV)
- Diabetes
- Cancer
- Certain neurological conditions
- Alcoholism
- Living in long-term care facilities
- Smoking

**MYTH** It is easily treated with antibiotics.

**FACT** Actually, some bacteria that cause pneumococcal pneumonia have **become increasingly resistant to antibiotics.**



## ASK YOUR HEALTHCARE PROFESSIONAL

about the recommended **PNEUMOCOCCAL PNEUMONIA VACCINES** that may be right for you.

Vaccination will not protect 100% of the people who receive the vaccine. Vaccines don't reduce complications of pneumococcal disease, including death.