



Expect the Unexpected™
and don't let **pneumococcal pneumonia** catch you
by surprise.

» Who can catch pneumonia?

Pneumonia can affect anyone, and it often occurs during autumn and winter months. Some people are at more risk of catching pneumonia. Risk factors include:

- **Age** - adults over 45 years
- **Long term medical conditions** - cardiovascular (heart) disease, diabetes or respiratory diseases such as asthma or chronic obstructive pulmonary disease (COPD)
- **Weakened immunity** - underlying health conditions, such as chronic heart, lung, liver or kidney disease, and long-term steroid use
- **Smoking**
- **Flu** - can increase chances of catching pneumonia by 100-times.[†]

» What are the symptoms?

Pneumonia can make you feel really unwell. As the symptoms of pneumonia vary and are similar to those of other chest infections, many people do not realise that they have pneumonia until they visit a doctor. Symptoms can include:

A fever (very high temperature with sweating and shivering)

Difficulty breathing

A cough that brings up phlegm (mucus)

If you catch pneumonia, you will usually be treated with antibiotics if the cause is bacterial.

Spread the word about pneumococcal pneumonia vaccination.

It's important to think about having a pneumococcal pneumonia vaccination, especially if you have long-term health conditions.



Help protect the ones you care about by telling them about the pneumococcal pneumonia vaccination.

Give them a copy of this leaflet.

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