

## HOW CAN WE PREVENT PNEUMOCOCCAL DISEASE?



Get vaccinated<sup>2</sup>



Practice good hygiene<sup>9</sup>



Don't smoke<sup>10</sup>



Avoid alcohol misuse<sup>10</sup>

Vaccines are the best way to prevent pneumococcal disease.<sup>11</sup> Pneumococcal disease is common in young children, but older adults are at the greatest risk of serious illness and death.<sup>12</sup>

Pneumococcal disease can be prevented. Speak to your doctor about pneumococcal disease prevention today.

SCAN to learn more at [www.knowpneumonia.sg](http://www.knowpneumonia.sg)



## PNEUMOCOCCAL VACCINATIONS ARE AVAILABLE IN SINGAPORE



Pneumococcal Vaccinations are a part of Singapore's National Adult Immunisation Schedule (NAIS).<sup>13</sup>

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# PROTECT YOURSELF AGAINST PNEUMOCOCCAL DISEASE



Life should not stop because of pneumococcal disease. Protect the everyday you love.

Speak to a healthcare provider to learn more about pneumococcal disease and how you can prevent it.

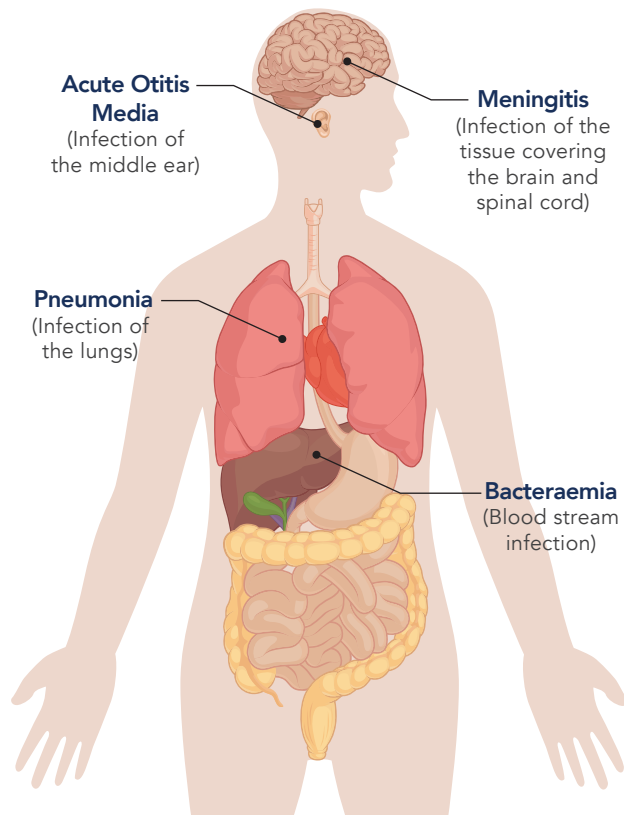
This brochure provides basic information to help you understand pneumococcal disease. It is not meant to replace the advice of medical professionals. All images used are for illustrative purposes.

## WHAT IS PNEUMOCOCCAL DISEASE?

Pneumococcal disease is an infection caused by a bacterium called *Streptococcus pneumoniae*.<sup>1</sup>

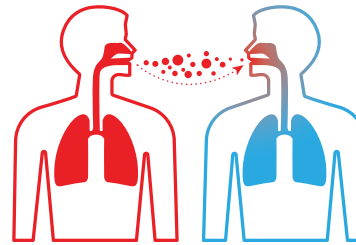
*Streptococcus pneumoniae* can attack different parts of the body and cause serious infection of the lungs (pneumonia), blood (bacteraemia), the tissue surrounding the brain and spinal cord (meningitis), and the middle ear (acute otitis media).<sup>2</sup>

When *Streptococcus pneumoniae* infects either the blood or the brain, this is an acute life-threatening infection known as invasive pneumococcal disease (IPD).<sup>3</sup>



## HOW CAN *S. PNEUMONIAE* SPREAD?

*Streptococcus pneumoniae* spread from person to person through coughing, sneezing, and direct contact.<sup>2</sup>



## SYMPTOMS OF PNEUMOCOCCAL DISEASE

Within one to three days of infection, the following signs and symptoms may appear and vary based on the systems affected.<sup>2</sup>



Headache



Stiff neck



Fever or chills



Rapid breathing



Sensitivity to lights



Runny nose



Ear pain



Cough

## WHO IS AT INCREASED RISK OF GETTING PNEUMOCOCCAL DISEASE?<sup>4-7</sup>

You are at increased risk if you are

**65 years old and above<sup>6</sup>**



**18 - 64 years old with certain medical conditions<sup>6</sup>**

- Chronic pulmonary, cardiovascular, renal or liver disease, or diabetes mellitus;
- Cochlear implant or cerebrospinal fluid leak;
- Damage or absence of spleen; or
- Immunosuppression.



## WHAT CHRONIC CONDITIONS INCREASE THE RISK OF GETTING INVASIVE PNEUMOCOCCAL DISEASE?



**DIABETES**  
~**3x** higher risk<sup>8</sup>



**CHRONIC HEART DISEASE**  
~**3x** higher risk<sup>8</sup>



**ASTHMA**  
~**4x** higher risk<sup>8</sup>



**CHRONIC LIVER DISEASE**  
~**6x** higher risk<sup>8</sup>



**CHRONIC LUNG DISEASE**  
~**8x** higher risk<sup>8</sup>

Data obtained from a United States study among people aged 50–64 years compared to healthy individuals