

如何预防肺炎球菌病？



接种疫苗²



保持良好卫生习惯⁹



切勿吸烟¹⁰



避免酗酒¹⁰

接种疫苗是预防肺炎球菌病的最佳方法。¹¹

肺炎球菌病在幼儿中较为常见，
但老年人罹患重症乃至死亡的风险最高。¹²

肺炎球菌病可以预防。请即刻咨询医生，
了解预防肺炎球菌病的方法。

扫描 QR 码，了解详情
www.knowpneumonia.sg



新加坡提供肺炎球菌疫苗接种服务



肺炎球菌疫苗接种已纳入
新加坡全国成人免疫
接种计划 (NAIS)。¹³

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Pfizer Pte Ltd
80 Pasir Panjang Road, #16-81/82, Mapletree Business City, Singapore 117372
电话: (+65) 6403 8888 • 传真: (+65) 6403 8868
www.pfizer.com.sg

图片仅用于说明目的。

守护自身健康 抵御 肺炎球菌病



生活不该因肺炎球菌病而停滞不前。
守护您所珍视的每一天。

请咨询专业医护人员，深入了解肺炎球菌病及其预防措施。

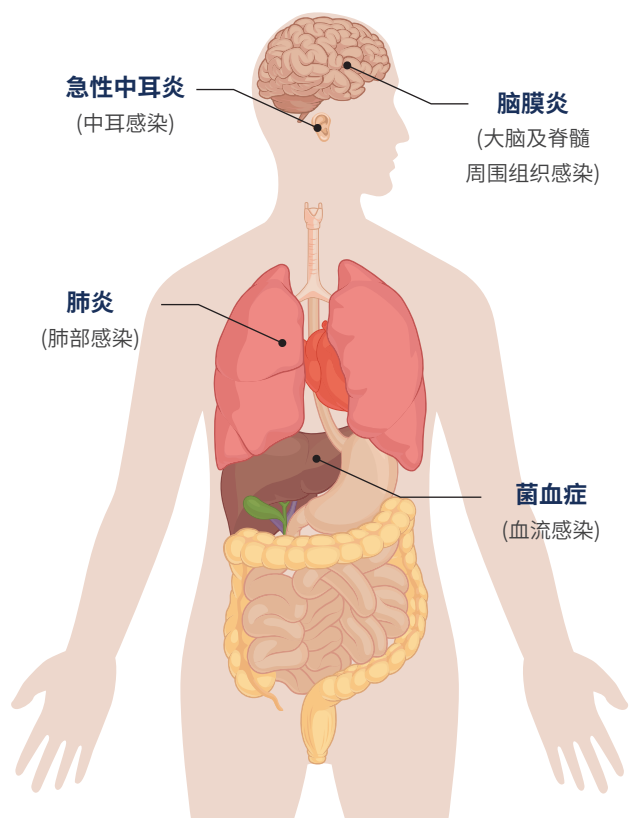
本宣传册介绍肺炎球菌病的基础知识，
以帮助您增进对该疾病的了解。
相关内容不能替代医疗专业人员的建议。
所有图片仅用于说明目的。

什么是肺炎球菌病？

肺炎球菌病是由一种名为肺炎链球菌的细菌所导致的感染。¹

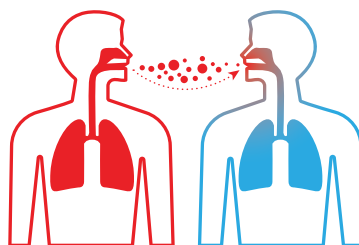
肺炎链球菌可侵袭人体不同部位，引发肺部（肺炎）、血液（菌血症）、大脑和脊髓周围组织（脑膜炎）以及中耳（急性中耳炎）的严重感染。²

当肺炎链球菌感染血液或大脑时，会引发一种危及生命的急性感染，即侵袭性肺炎球菌病 (IPD)。³



肺炎链球菌如何传播？

肺炎链球菌通过咳嗽、打喷嚏和直接接触，在人与人之间传播。²



肺炎球菌病的症状

感染后一至三天内，可能会出现以下体征和症状，并根据受影响的人体系统而有所不同。²



哪些人罹患肺炎球菌病的风险更高？⁴⁻⁷

如果您符合以下情况，则患病风险较高：

65 岁及以上⁶



年龄介于 18 至 64 岁之间
且患有特定疾病⁶



- 慢性肺部、心血管、肾脏或肝脏疾病，或糖尿病；
- 植入人工耳蜗或脑脊液渗漏；
- 脾脏受损或缺失；或
- 免疫功能低下

哪些慢性疾病会增加患上侵袭性肺炎球菌病的风险？



糖尿病
风险升高约 **3 倍**⁸



慢性心脏病
风险升高约 **3 倍**⁸



哮喘
风险升高约 **4 倍**⁸



慢性肝脏疾病
风险升高约 **6 倍**⁸



慢性肺部疾病
风险升高约 **8 倍**⁸

数据来源于一项针对美国 50 至 64 岁人群与健康人群进行的对比研究