

如何预防肺炎球菌疾病?⁸



接种疫苗



保持良好
卫生习惯



戒烟



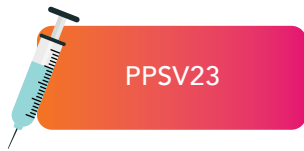
避免滥用
酒精饮料

建议接种的疫苗

卫生部推出全国成人免疫计划 (NAIS), 建议年满 65 岁的成年人接受两种肺炎球菌疫苗。⁹



PCV13 = 13 价肺炎球菌结合疫苗,
PPSV23 = 23 价肺炎球菌多糖体疫苗



如果我已接种冠病疫苗, 是否仍应接种肺炎球菌疫苗?

- 冠病疫苗无法保护您免受肺炎球菌疾病的侵害。¹²
- 冠病 (COVID-19) 是由病毒引发, 而肺炎球菌疾病则是由细菌引发。^{13,14}
- 有些患者可能同时患上这两种疾病。^{15,16}

COVID-19 = 2019 冠状病毒疾病

可能的副作用¹¹

- 注射部位红肿疼痛
- 轻微发烧 (很少发烧超过 38°C)
- 觉得疲累、头疼



如身体不适或不清楚该怎么做,
请及时就医。

罕见的严重过敏反应。¹¹

如果出现以下任何症状, 请立即通知您的医生:¹¹

- 脸部、眼部、嘴唇、舌头肿胀
- 呼吸困难
- 全身长皮疹和发痒



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PREVENT WHAT'S
PREVENTABLE WITH
VACCINATION

由保健促进局主办



肺炎链球菌
疫苗是 NAIS 计划
下推荐的疫苗之一。
国人可使用保健
储蓄支付疫苗
注射费。¹

LIVE IT UP FROM 65

从 65 岁起享受生活

别因肺炎停下脚步

如果您年满 65 岁, 您患上

肺炎链球菌疾病的风险会增加。²

这种疾病可能危及生命, 但可以预防。^{2,6}

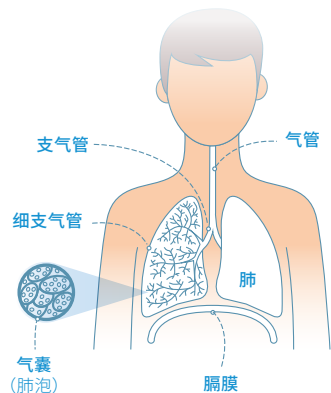


在社保援助计划下的家庭医生诊所和 (CHAS GP)
综合诊疗所接种肺炎球菌疫苗, 可享受津贴。^{10,19}
请向您的医生咨询, 了解您是否符合注射条件。

手册中的信息是了解肺炎球菌病的基本信息,
但本文不能取代医生的专业建议。本册子所含图片仅供参考。

NAIS = 全国成人免疫计划, CHAS = 社保援助计划, GP = 家庭医生

什么是肺炎？



摘取自英国肺脏基金会
(于 2022 年 2 月 8 日获取引用资料)



肺炎是一种影响肺部小气囊（称为肺泡）的肺部感染。患肺炎时，这些小气囊就会发炎并充满液体，导致呼吸困难。²

许多不同的细菌、病毒、甚至真菌都能引起肺炎。肺炎链球菌疾病是重症肺炎最常见的病因。³



在新加坡，肺炎是第二大死亡原因也是入院的第三大病因。^{4,5}

什么是肺炎链球菌疾病？⁶

肺炎链球菌疾病（PD）是由名为肺炎链球菌（*Streptococcus pneumoniae*，又称肺炎球菌）的细菌引起的。

肺炎球菌可侵袭身体的不同部位，并导致以下人体器官和组织受到严重感染：

- 肺部（肺炎）
- 血液（菌血症）
- 覆盖大脑和脊髓的一层膜（脑膜炎）
- 中耳（急性中耳炎）



肺炎



菌血症
(血液感染)



脑膜炎
(覆盖大脑和脊髓的一层膜受到感染)

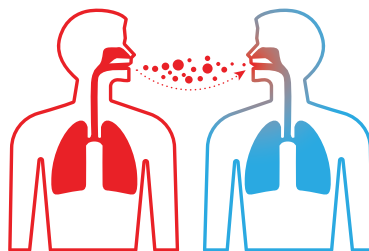


中耳炎

肺炎球菌如何传播？

肺炎球菌是通过咳嗽或打喷嚏的唾液以及人与人之间的直接接触，在人与人之间传播。⁶

带菌者可能在他们的鼻子和喉咙里携带肺炎球菌但并未感到不适，而把细菌传播给他人。⁶



肺炎链球菌疾病的症状⁶

受感染后一到三天可能出现以下症状和体征，并会因感染部位不同而异。



头痛



颈部僵硬



发烧或发冷



恶心



呼吸急促



对灯光敏感



胸口疼痛



流鼻涕



耳朵痛



咳嗽

谁是高危人群？^{2,7,17,18}



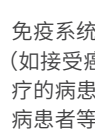
65 岁或以上²



婴孩及
年幼儿童²



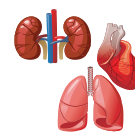
感冒患者¹⁷



免疫系统较弱
(如接受癌症治疗的病患、艾滋病患者等)⁷



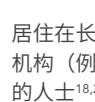
有长期健康问题
(如心脏病、肺病或肾病、糖尿病等)²



吸烟或饮酒过量²



服用免疫抑制剂²



居住在长期护理机构（例如疗养院）的人士^{18,20}



HIV 即人类免疫缺陷病毒