

HOW CAN YOU PREVENT PNEUMOCOCCAL PNEUMONIA?⁸



Get vaccinated



Practice good hygiene



Don't smoke



Avoid alcohol misuse

Recommended Vaccinations

The National Adult Immunisation Schedule (NAIS) by the Ministry of Health Singapore recommends two types of pneumococcal vaccinations for adults 65 and older.⁹



PCV13



PPSV23

PCV13=13-valent Pneumococcal Conjugate Vaccine,
PPSV23=23-valent Pneumococcal Polysaccharide Vaccine

Should I take the vaccine for pneumococcal pneumonia if I have already taken the COVID-19 vaccine?

- The COVID-19 vaccine does not protect you from pneumococcal pneumonia.¹²
- COVID-19 is caused by viruses, while pneumococcal pneumonia is caused by bacteria.^{13,14}
- Both are not mutually exclusive and may happen at the same time.^{15,16}

COVID-19=Coronavirus disease 2019

Potential side effects¹¹

- Redness, pain and swelling at the site of injection
- Mild fever (fever above 38°C is not common)
- Feeling tired, headache



Always seek medical attention if you feel unwell or are unsure on what to do.

Severe allergic reactions are rare.¹¹

Inform your doctor immediately if you experience any of these symptoms below:¹¹

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body



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

SCAN to learn more at
www.knownpneumonia.sg



In support of

PREVENT WHAT'S PREVENTABLE WITH VACCINATION

by Health Promotion Board



Pneumococcal vaccination is recommended under the NAIS and is payable by MediSave.¹

LIVE IT UP FROM 65

Life should not stop because of pneumonia

If you are at least 65 years old, you are more at risk of pneumococcal pneumonia.² This disease can be life-threatening but preventable.^{2,6}



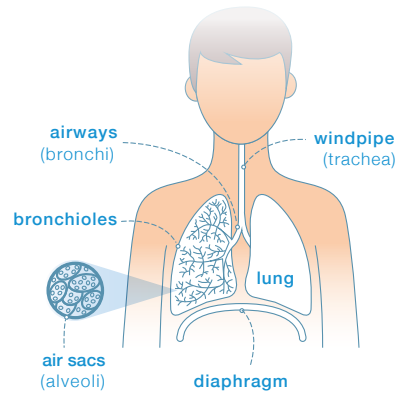
Pneumococcal vaccination is subsidised at CHAS GP clinics and polyclinics.^{10,19} Speak to your doctor to find out if you are eligible.

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

NAIS=National Adult Immunisation Schedule, CHAS=Community Health Assist Scheme, GP=General practitioners

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WHAT IS PNEUMONIA?



Adapted from the British Lung Foundation
(Accessed 8 Feb 2022)



Pneumonia is an infection of the lungs. It affects the tiny air sacs in your lungs, which are called alveoli. When you have pneumonia, these air sacs get inflamed and filled with fluid, making it harder for you to breathe.²

Many different bacteria, viruses, and even fungi can cause pneumonia. Pneumococcus is the common cause of pneumonia.³



In Singapore, pneumonia is the 2nd principal cause of death and 3rd condition for hospitalisation.^{4,5}

WHAT IS PNEUMOCOCCAL PNEUMONIA?⁶

Pneumococcal disease (PD) is caused by a bacterium called *Streptococcus pneumonia*, which is also known as pneumococcus.

Pneumococcus can attack different parts of the body and cause serious infection of the following systems:

- Lungs (pneumonia)
- Blood (bacteraemia)
- Coverings of the brain and spinal cord (meningitis)
- Middle ear (acute otitis media)



Pneumonia



Bacteremia
(Blood stream infection)



Meningitis
(Infection of the tissue covering the brain and spinal cord)

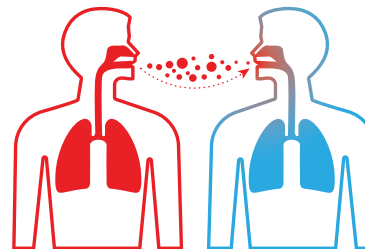


Middle ear infections

HOW CAN PNEUMOCOCCUS SPREAD?

Pneumococcal bacteria spread from person to person through coughing, sneezing, and direct contact.⁶

People can carry the bacteria in their nose and throat without being sick and spread the bacteria to others.⁶



SYMPTOMS OF PNEUMOCOCCAL PNEUMONIA⁶

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



Headache



Stiff neck



Fever or chills



Nausea



Rapid breathing



Sensitivity to lights



Chest pain



Runny nose



Ear pain



Cough

WHO IS MOST AT RISK?^{2,7,17,18}



Adults ≥65 years²



Babies and young children²

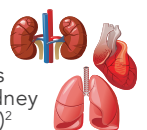


People with flu¹⁷

People with weak immune system (e.g. patients undergoing cancer treatment, patients with HIV)⁷



People with long-term health problems (such as heart, lung, or kidney disease, diabetes)²



People who smoke or drink excessive alcohol²



People on medications that suppress the immune system²

People living in long term care facility e.g nursing homes^{18,20}



HIV=Human Immunodeficiency Virus