



# PNEUMOCOCCAL DISEASE

HOW CAN YOU PROTECT YOURSELVES

## WHAT IS IT CAUSED BY?



**Pneumococcal disease is caused by a bacteria**

Pneumococcal disease can lead to pneumonia, sepsis, and meningitis

## IS IT SERIOUS?



**Pneumonia is the #1 infectious disease killer of children under 5**

Pneumonia can be life threatening and if diagnosed then it should be taken seriously when taking care of self. Immediately contact your provider if you suspect you may be infected.

## HOW CAN I PROTECT MYSELF



**These are some simple solutions**

- Exclusive breastfeeding for baby's first 6 months
- Vaccinations
- Safe drinking water
- Good sanitation
- Frequent hand washing

## WHAT ELSE CAN I DO?



**Vaccines are recommended for adults 65 years and older.**

You can receive the pneumococcal vaccine at your doctor's office or even your local pharmacy.

**BE SURE TO FOLLOW UP WITH YOUR PRIMARY CARE PROVIDER WITHIN 1 WEEK**