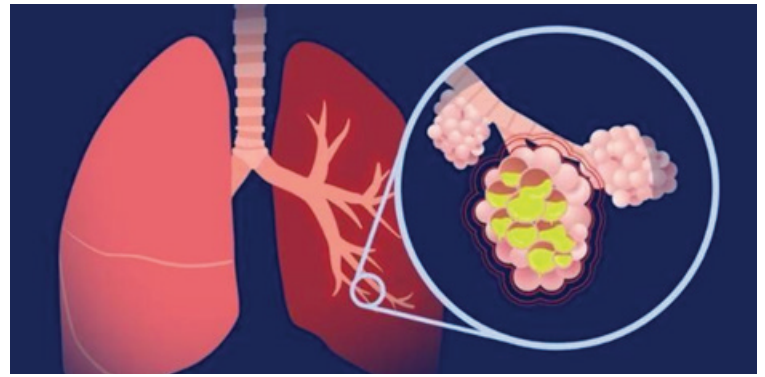


## Understanding Pneumococcal Pneumonia



Pneumonia is an infection that inflames the air sacs in one or both lungs and may be caused by bacteria, viruses or fungi. Pneumococcal pneumonia is the most common type of bacterial pneumonia. It is a potentially serious disease that you should not ignore because it can disrupt your life for weeks and even land you in the hospital.

### What is pneumococcal pneumonia?

Pneumococcal pneumonia is caused by bacteria that live in the upper respiratory tract, and it can spread to others through coughing or close contact. The immune system naturally weakens with age, so even if you're healthy and active, being 50 or older is a key risk factor for pneumococcal pneumonia.

Adults 19 or older with certain chronic health conditions are also at greater risk for pneumococcal pneumonia when compared with healthy adults of the same age. With each chronic condition your risk increases further.

Increased Risk		
In adults with the following chronic conditions as compared to healthy adults in the same age range.		
	Aged 18-49	Aged 50+
Chronic Lung Disease	19.1x	16.3x
Chronic Heart Disease	6.9x	7.1x
Diabetes	4.7x	4.4x

### What are the symptoms of pneumococcal pneumonia?

Common symptoms of pneumococcal pneumonia may include:

- Fever and chills
- Chest pain
- Coughing
- Difficulty breathing or rapid breathing

Certain symptoms such as cough and fatigue, can appear quickly and without warning. Severe cases of pneumococcal pneumonia can lead to hospitalization and can even be life threatening.

### Preventing pneumococcal pneumonia?

Pneumococcal pneumonia can strike anytime, anywhere, but you can get vaccinated any time of year to help prevent it. You can't catch the disease from getting vaccinated because pneumococcal vaccines do not contain live bacteria. If you are 19 or older with certain chronic medical conditions like COPD, asthma, heart disease or diabetes or are 50 or older, talk to your healthcare provider about pneumococcal vaccination.



Learn more and complete your personal risk assessment for pneumococcal pneumonia at [Lung.org/pneumococcal](https://www.lung.org/pneumococcal)

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