

Pneumonia Prevention: It's Worth a Shot!

What Is Pneumonia?

Pneumonia is a swelling of the lung caused by infection with bacteria, viruses, and other organisms. Pneumococcal pneumonia is a serious complication of the flu.



How Serious Is It?

Pneumococcal disease kills more people in the United States than all other vaccine-preventable diseases combined, including the flu. Each year, about 500,000 cases and 40,000 deaths result from pneumococcal pneumonia.



How Can I Keep From Getting Pneumonia?

The pneumococcal vaccine protects you against almost all of the bacteria that cause pneumococcal disease, which can cause serious infections in your lungs (pneumonia), blood (bacteremia) or brain (meningitis). You can get the vaccine at any Harris County Public Health and Environmental Services or Houston Department of Health and Human Services health clinic. Harris County Hospital District will provide the vaccine to its health center patients. You can also get it from your primary care health provider.

Who Should Get the Vaccine?



The Centers for Disease Control and Prevention recommends that anyone who falls in the following groups should get the pneumococcal vaccine:

- Age 65 or older;
- People over age 2 who have problems with their lungs, heart, liver or kidneys; and,
- People over age 2 who have health problems like diabetes, sickle cell disease, HIV/AIDS or alcoholism.

Should I Get the Shot If I Have Had Pneumonia?

YES!! There are many different kinds of pneumonia and having one kind does not protect you against the others.

