A Word About Pneumonia

Pneumonia is a serious lung disease that can be fatal. The good news is that there is a shot that can help prevent pneumonia. The pneumococcal (pneumonia) shot is safe. It is made of killed bacteria. The pneumonia shot cannot give you pneumonia.

Who Should Get the Pneumonia Shot?

- Adults age 65 and older—even those who are healthy and active!
- Anyone who has a weakened immune system.
- Anyone who has chronic health conditions such as heart disease, kidney disease, liver disease, lung disease, diabetes, or alcoholism.

Ask your doctor if you need a pneumonia shot.
When Can I Get the Pneumonia Shot?

While it is safe to get a flu and pneumonia shot on the same day, it isn’t necessary. You can get the pneumonia shot any time of year. Many people get the shot during the month they turn 65 years old.

How Often Should I Get the Pneumonia Shot?

Most people need only one shot in a lifetime (at age 65). You may need a second shot if:

- You are at high risk for pneumonia.
- You don’t recall getting a pneumonia shot previously.
- You were under age 65 when you got a pneumonia shot and five years or more have passed.

Remember: Ask your doctor if you need a pneumonia shot!