Helping to prevent pneumococcal pneumonia starts here

As you age, your immune system weakens, but you can still help it protect you from pneumococcal pneumonia.

Just remember these facts:

The immune system weakens with age and can’t respond as effectively to infection. That’s why at 65 or older, despite efforts to eat healthy and exercise, adults are more vulnerable to potentially serious illnesses like pneumococcal pneumonia.

Pneumococcal pneumonia is caused by bacteria called *Streptococcus pneumoniae*, which in severe cases can also cause serious infections of the blood or tissue covering the brain or spinal cord.

If you have one or more chronic illnesses like diabetes, heart disease or asthma, your risk may be higher.

Pneumococcal vaccination can help protect you from getting pneumococcal pneumonia.

Pneumococcal vaccines have NO live bacteria, NO formaldehyde and NO mercury. You can’t catch pneumococcal pneumonia from getting vaccinated and you don’t need pneumococcal vaccination every year.

Now that you know...

Ask your doctor or pharmacist about pneumococcal vaccination today.