

## PNEUMOCOCCAL PNEUMONIA ARE YOU AT RISK?

Please tick any boxes that apply to you and discuss with your doctor or nurse today.

- Under 65 years old
- 65 years old
- 66–69 years old
- 70 years old
- Over 70 years old
- Aboriginal or Torres Strait Islander
- A tobacco smoker

## DO YOU HAVE?

- Diabetes
- Chronic lung disease  
(e.g. severe asthma, COPD, emphysema)
- Chronic heart disease  
(e.g. heart failure)
- Chronic kidney disease
- Chronic liver disease
- Impaired immunity  
(e.g. HIV, cancer, asplenia, immunosuppressant drugs)
- Alcohol related problems
- Down Syndrome
- Cochlear implants
- Intracranial shunts
- Cerebrospinal fluid leak
- None of the above

For more information about pneumococcal pneumonia talk to your doctor or visit [www.pneumorisk.com.au](http://www.pneumorisk.com.au)

# DON'T UNDERESTIMATE PNEUMONIA



**PNEUMOCOCCAL  
PNEUMONIA IS SERIOUS.  
COMPLETE THE CHECKLIST  
AND DISCUSS WITH YOUR  
DOCTOR OR NURSE TODAY.**



# DON'T UNDERESTIMATE PNEUMONIA

# ASK YOUR DOCTOR

If you are aged 65 years or over or if you have certain underlying medical conditions you are at increased risk, but there are ways to help protect against it.

## WHAT IS PNEUMOCOCCAL PNEUMONIA?

Pneumococcal pneumonia is not just a cold or flu.

Pneumococcal pneumonia is a serious lung infection caused by *Streptococcus pneumoniae* (a bacterium found in the nose, throat and windpipe, even of healthy people). Symptoms can include fever, coughing and difficulty breathing and can last for weeks or longer.

***Pneumococcal pneumonia, in severe cases, can be life threatening.***

## WHO'S AT RISK?

Pneumococcal bacteria can be spread through infected droplets in the air.

All people 65 years and over, and people with certain underlying medical conditions are at increased risk of contracting pneumococcal disease.

As risk increases with age, even healthy adults 65 years and over are at increased risk.

## HOW CAN YOU REDUCE YOUR RISK OF PNEUMOCOCCAL PNEUMONIA?

There are several ways to help lessen your risk:

***Stopping smoking*** will help reduce your risk of pneumococcal pneumonia infection.

***Reducing your alcohol intake*** may help reduce your risk of pneumococcal pneumonia infection, especially if you consume a lot of alcohol on a regular basis.

***Healthy diet and exercise*** may help you fight off infection, including from pneumococcal bacteria.

***Vaccination*** against pneumococcal pneumonia is recommended by the Australian Government for those at increased risk of pneumococcal pneumonia, including all people aged 65 years or over and people with specific underlying medical conditions.

***Are you at risk? - use the checklist now!***