

# PROTECTION FROM PNEUMOCOCCAL DISEASE (ADULT)

## What is the Pneumococcal disease?

Pneumococcal disease is caused by bacteria which can lead to serious and sometimes fatal disease, including infection of the lungs (pneumonia), blood (bacteremia) and covering of the brain (meningitis). Meningitis can lead to permanent problems such as deafness and brain damage.

## How is Pneumococcal disease spread?

Pneumococcal disease can spread easily from one person to another. The bacteria normally live in fluids in the nose, mouth and throat. It is spread by kissing, coughing, sneezing, or by sharing food or drinks. Most people who carry the bacteria do not get sick, but they can still spread it to other people. Immunization and clean, cover and contain practices are the best methods of prevention.

## Why do we recommend vaccination for Pneumococcal disease?

Immunization and clean, cover and contain practices are the best methods of prevention. There are two types of pneumococcal vaccine currently available:

- Pneumococcal Conjugate-13 vaccine (Pneu-C-13) which provides protection against 13 types of pneumococcal bacteria.
- Pneumococcal Polysaccharide-23 (Pneu-P-23) which provides protection against 23 types of pneumococcal bacteria.

Your community/public health nurse will discuss which type of pneumococcal vaccine is recommended.

## Who should NOT get the Pneumococcal vaccine?

Anyone who has had a severe allergic reaction to any contents of the vaccine or a previous dose of this vaccine should not receive this vaccine.

## Are Pneumococcal vaccines safe?

All vaccines recommended by the National Advisory Committee on Immunization and the Provincial Department of Health and Community Services, such as this one, are safe and effective.

## What are the vaccine's common side effects?

Side effects are generally mild and usually last a day or two. Some side effects may include a sore arm (redness, tender, swollen) at the site of the injection, headache, fatigue or fever. Serious side effects are rare and should be reported to the community/public health nurse.

For additional information and  
services contact the Regional Health  
Authority in your community.