

Pneumonia Shots: Get the Facts!

1. "If people around me aren't sick, I won't get pneumonia." **False!**

People can carry pneumonia even if they are not sick. If you are around other people, **you can get pneumonia!**

2. "Getting a shot gives you the disease." **False!**

The shot has only inactive bacteria in it. **A shot can't give you the disease.**

3. "Shots hurt and make you sick." **False!**

You will feel a pinch. You might feel sore or a little achy and feverish later. **Most people have no reaction at all.**



More Resources

For more information about the pneumonia vaccines, visit these resources:

DDS SafetyNet Packet and Brochures:

<http://ddssafety.net/health/preventive-health/fighting-flu-and-pneumonia>

Centers for Disease Control and Prevention:

<http://www.cdc.gov/pneumococcal/vaccination.html>

Protect the people you support and love—make sure they get their pneumonia shots today!

Fight Pneumonia!

**Get Your Shots
TODAY!**



CALIFORNIA DEPARTMENT OF DEVELOPMENTAL SERVICES



DDS SafetyNet

For Health, Safety, and a Better Life

What Are Pneumonia Shots?

- **Pneumonia is a serious illness** caused by a bacterium called “pneumococcus”.
- **Many people die every year from pneumonia.**
- **You can prevent pneumonia and protect yourself from pneumococcus by getting a shot.**
- You need 1-2 shots: **PCV13 and PPSV23.**

Who Needs the Shots

Adults ages 65 and older and **adults ages 19-64 with chronic conditions** need both shots: PCV13 and the PPSV23.

Who Shouldn't Get Them

People with bad reactions to these shots in the past or with allergies to the shots. (Ask your doctor.)



When to Get Them

- Get the **PCV13 vaccine first**, followed by PPSV23 6 to 12 months later.
- **If an adult was already vaccinated with PPSV23**, he or she should receive the PCV13 vaccine a year or more later.
- **Get each dose only once.** Once an individual has received both the PCV13 and the PPSV23, he or she is done for life!

What to Expect

- Pneumonia shots **do not** make you sick.
- The shots feel like **a slight pinch** on the arm.
- Some people experience mild side effects, but **most people don't have a bad reaction at all!**

Where to Go

To get a pneumonia shot, ask:

- **Your doctor**
- **The county health department**
- **A pharmacy** (like Walgreens or CVS)
- **A grocery store** (like Safeway, Target, Vons, Costco, or Walmart)

Go to <http://vaccine.healthmap.org/> to find places with shots near you!

How do I schedule a pneumonia shot?

- **Call a county health department, local drugstore, or grocery store** to see when you **can** go in for a shot.
- **Make an appointment at your doctor's office.**

Who else can I call for information?

- **Call your regional center service coordinator** and ask where you can get the shot.
- **Check with your insurance provider** to find out if your plan covers the pneumonia shot.

