



# PNEUMOCOCCAL DISEASE

HOW CAN YOU PROTECT YOURSELVES

## WHAT IS IT CAUSED BY?



**Pneumococcal disease is caused by a type of bacterial pneumonia strain**

Pneumococcal disease can lead to pneumonia, sepsis, and meningitis

## IS IT SERIOUS?



**Pneumonia is the #1 infectious disease killer of children under 5**

Pneumonia can be life threatening and if diagnosed then it should be taken seriously. Immediately contact your provider if you suspect you may be infected.

## HOW CAN I PROTECT MYSELF?



**These are some simple solutions:**

- Exclusive breastfeeding for baby's first 6 months
- Vaccinations
- Safe drinking water
- Good sanitation
- Frequent hand washing

## WHAT ELSE CAN I DO?



**Vaccines are recommended for adults 65 years and older**

You can receive the pneumococcal vaccine at your doctor's office or even your local pharmacy. Be sure to follow up with your primary care provider within 1 week.



COVID-19 VACCINE & DISEASE  
STATE INFOGRAPHICS:

[HTTPS://TINYURL.COM/AMCPHEALTHHELPER](https://tinyurl.com/AMCPHEALTHHELPER)

**TEXT (402) 732-2627 TO LEARN MORE  
ABOUT THE COVID-19 VACCINE AND  
COMMON DISEASES**

SCAN ME