

## Pneumonia Basics

- ✓ Pneumonia is a lung infection. The most common bacteria that causes pneumonia outside of a hospital setting is pneumococcus.
- ✓ In addition to pneumonia, pneumococcus can cause ear, sinus, and other types of infections.
- ✓ Common symptoms of pneumonia include:
  - Cough
  - Shortness of breath
  - Chest pain when breathing or coughing
  - Fatigue
  - Fever or chills
  - Nausea, vomiting, or diarrhea
  - Confusion
- ✓ For more information regarding pneumonia, please see <https://www.cdc.gov/pneumonia/>.

## Pneumonia (Pneumococcal) Vaccines

- ✓ Alphas are at higher risk for infections such as pneumonia, which may be prevented with a vaccine.
- ✓ Individuals who have received a pneumonia vaccine tend to get less severe illness and rarely die of pneumococcal pneumonia.
- ✓ There are 2 types of pneumococcal vaccines available in the US:
  - Pneumococcal polysaccharide vaccine
    - There is a single pneumococcal polysaccharide vaccine: PPSV23 (Pneumovax 23).
  - Pneumococcal conjugate vaccines
    - There are several pneumococcal conjugate vaccines: PCV13 (Prevnar 13), PCV15 (Vaxneuvance), PCV20 (Prevnar 20), and PCV21 (Capvaxive).

## Immunization Schedule

- ✓ The Centers for Disease Control and Prevention (CDC) recommends immunization in childhood.
- ✓ Childhood immunization protection decreases as we age.
- ✓ As shown in the table below, the immunization schedule for adults can be confusing. The recommendations are based on age, risk, and type and timing of previous vaccines received (if any).
- ✓ PCV20 and PCV21 are a single shot for life at this time, otherwise the 2 shot combination is for life.

Age and Risk Category	Option A 1 lifetime shot	Option B 2 shots separated by at least 1 year	
		Shot 1	Shot 2
Age 19-49 healthy	None	None	
Age 19-49 with health problems	PCV20 or PCV21	PCV13 or PCV15	PPSV23
Age 50 and older healthy	PCV20 or PCV21	PCV13 or PCV15	PPSV23
Age 50 and older with health problems	PCV20 or PCV21 (if not previously given)	PCV13 or PCV15	PPSV23

- ✓ There are some additional details. If other pneumococcal vaccines have already been given, options will vary. More information is available at <https://www.cdc.gov/pneumococcal/vaccines/index.html>.
- ✓ There is a different schedule for transplant recipients.
- ✓ Work with your healthcare provider to learn what is recommended for you.