

## 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
- ✓ More information regarding pneumonia is available [here](#).

## 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<br>1 lifetime shot                 | Option B<br>2 shots separated by at least 1 year |        |
|---------------------------------------|---------------------------------------------|--------------------------------------------------|--------|
| Age 19-49 healthy                     | None                                        | None                                             |        |
| Age 19-49 with health problems        | PCV20 or PCV21                              | Shot 1                                           | Shot 2 |
|                                       |                                             | 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<br>(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 [here](#).
- ✓ There is a different schedule for transplant recipients.
- ✓ Work with your healthcare provider to learn what is recommended for you.