



Baby Boomers – it's all about leading active lifestyles, seeking new adventures and spending time doing the things you have always wanted to do. But pneumococcal pneumonia can detour your plans. Help protect your health and enjoy this time in life.

DID YOU KNOW?



People 65 or older, even if they are healthy, are at increased risk for pneumococcal pneumonia.¹



There are more than **51 million adults 65 or older** in the United States today.²



Adults 65 or older are over **10x more likely to be hospitalized** with pneumococcal pneumonia than adults 18-49.³

THE RISK AND POTENTIAL IMPACT OF PNEUMOCOCCAL PNEUMONIA

Pneumococcal pneumonia may cause symptoms including⁴



coughing



difficulty breathing



high fever



shaking chills



chest pain

Some of its physical effects can be felt for weeks, taking you out of your routine or in serious cases, landing you in the hospital.

TIPS TO STAY HEALTHY⁵



Eating healthy



Exercising regularly



Getting enough sleep



Staying up-to-date on the recommended vaccinations

TAKE ACTION TO HELP PROTECT YOURSELF

No one wants to put their life on hold, especially due to pneumococcal pneumonia. If you're 65 or older, talk to your doctor about whether vaccination is right for you.

To learn more about pneumococcal pneumonia, visit KnowPneumonia.com.

1. Centers for Disease Control and Prevention. Pneumococcal Disease: Risk Factors & Transmission. <https://www.cdc.gov/pneumococcal/about/risk-transmission.html>. Accessed April 29, 2019.
2. U.S. Census Bureau. Annual Estimates of the Resident Population for Selected Age Groups by Sex for the United States, States, Counties and Puerto Rico Commonwealth and Municipios: April 1, 2010 to July 1, 2014.
3. Ramirez JA, Wiemken TL, Peyrani P, et al. Adults hospitalized with pneumonia in the United States: incidence, epidemiology and mortality. *Clin Infect Dis*. 2017;65(11):1806-1812. doi: 10.1093/cid/cix647
4. Centers for Disease Control and Prevention. Pneumococcal Disease: Symptoms and Complications. <https://www.cdc.gov/pneumococcal/about/symptoms-complications.html>. Accessed April 29, 2019.
5. National Heart, Lung and Blood Institute. Prevention. <https://www.nhlbi.nih.gov/health-topics/pneumonia>. Accessed May 8, 2019.