

## 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.

