

WHEN SHOULD I GET VACCINATED?

- Vaccination against pneumococcal disease is appropriate year round.
- Vaccination is available free of charge for high risk groups. Contact your family doctor or Community Health Nurse for more information.
- Routine revaccination is not recommended except under certain circumstances. **Ask your doctor if revaccination is right for you.**

HAND HYGIENE

Special care must be paid to **hand hygiene** as it is the best way to prevent the spread of germs. **Good hand hygiene includes:**

Alcohol-Based Hand Rub

- Apply to palm of one hand
- Rub hands together, covering all of hands and fingers
- Rub until hands feel dry
- If hands are visibly dirty you must wash them before using Alcohol Based Hand Rub

Hand Washing

- Use warm running water and soap
- Spend at least **15-30** seconds lathering and washing hands
- Rub hands together, paying attention to finger tips, around rings and thumbs
- Rinse thoroughly
- Dry with paper towel and turn off tap with paper towel
- Dispose of paper towel in the garbage.

**IT'S OK TO ASK NURSES, DOCTORS
AND OTHER HEALTH CARE PROVIDERS
IF THEY HAVE CLEANED THEIR HANDS**

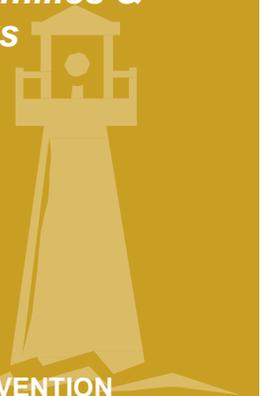
**REMIND VISITORS TO WASH THEIR
HANDS.**

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PNEUMOCOCCAL DISEASE AND VACCINATION

*Information for Patients,
Residents, Families &
Visitors*



INFECTION PREVENTION
& CONTROL PROGRAM

WHAT IS PNEUMOCOCCAL DISEASE?

Pneumococcal disease is an infection caused by a type of bacteria called *Streptococcus pneumoniae*.

This bacteria can cause serious infections, such as infections of the lungs (pneumonia), the blood (bacteremia), and the covering of the brain (meningitis).

WHY IS PNEUMOCOCCAL DISEASE SO SERIOUS?

Statistics show that pneumococcal infection is a major cause of death throughout the world, particularly in developing countries.

In Canada, there is approximately 3309 cases of invasive pneumococcal infection each year.

HOW IS PNEUMOCOCCAL DISEASE SPREAD?

An infected person is capable of passing on the infection to others through secretions from their mouth and nose (coughing and sneezing). Risk of passing on disease is not anymore once you have been on the right prescription for 24 hrs.

WHAT ARE THE SYMPTOMS?

Many people who have pneumococcal bacteria in their nose and throat will not show symptoms

WHAT ARE THE SYMPTOMS? (CONT'D)

In some cases, pneumococcal bacteria can cause infections to certain areas of the body such as:

- Ear (Otitis medial)
 - fever
 - sore throat
- Sinus (Sinusitis)
 - headache
 - stuffy nose
- Lung (Pneumonia)
 - coughing
 - difficulty breathing

In rare cases, the bacteria or bug can invade other parts of the body like the brain and spinal cord which is known as invasive pneumococcal disease. Symptoms include:

- High fever
- Stiff neck
- Headache
- Vomiting
- Loss of appetite
- Coughing

WHO SHOULD GET THE VACCINE?

- People 60 years of age or older
- People two years of age and older with the following health problems:
 - Heart disease
 - Lung disease
 - Kidney disease
 - HIV or AIDS
 - Diabetes
 - Liver disease
 - Cancer
 - No spleen
 - Organ transplant

People who live in nursing homes or other chronic-care facilities

Neither pregnancy nor breast-feeding is a contraindication to pneumococcal vaccine.

WHAT CAN PNEUMOCOCCAL VACCINE DO FOR YOU?

- The pneumococcal vaccine consists of purified tiny pieces from the outside of the pneumococcal bacteria. It cannot give you pneumonia.
- The current vaccine protects most people from getting sick.
- The vaccine is given as a single needle, usually in the arm.
- The vaccine is not the same as the Influenza vaccine.
- It may be given any time during the year and can be given at the same time as the influenza ("flu") vaccine. It must be given at a different injection site on your body.

WHAT ARE THE SIDE EFFECTS OF GETTING THE VACCINE?

- Soreness/redness of affected arm for a day or two
- Swelling at injection site
- Low-grade fever (less than 38.5°C) that goes away the next day
- Rarely people get a rash, joint pain or more serious reactions