



Eastern
Health

WHEN SHOULD I GET VACCINATED?

- Individuals can receive the vaccination any time during the year.
- Contact your physician or Community Health Nurse for more information.
- Routine revaccination is not recommended except under certain circumstances. **Ask your physician 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

1. Apply to palm of one hand.
2. Rub hands together, covering all of hands and fingers.
3. Rub until hands feel dry.

Hand Washing

1. Remove all jewelry.
2. Use warm running water and soap.
3. Spend at least **15-30** seconds lathering and washing hands.
4. Rub hands together, paying attention to fingertips, between the fingers, and thumbs.
5. Rinse thoroughly.
6. Dry with paper towel and turn off tap with paper towel.
7. 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.**

IPAC-PAMPH-014.1



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PNEUMOCOCCAL DISEASE AND VACCINATION

*Information for Clients,
Residents, Families, and
Visitors*

INFECTION PREVENTION
& CONTROL PROGRAM
www.easternhealth.ca

WHAT IS PNEUMOCOCCAL DISEASE?

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

This bacterium 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.

HOW IS PNEUMOCOCCAL DISEASE SPREAD?

An infected individual is capable of passing on the infection to others through secretions from their mouth and nose (coughing and sneezing).

WHAT ARE THE SYMPTOMS?

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

WHAT ARE THE SYMPTOMS?

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

- Ear (Otitis Media)
 - Fever
 - Sore Throat
- Sinus (Sinusitis)
 - Headache
 - Stuffy Nose
- Lung (Pneumonia)
 - Coughing
 - Difficulty Breathing

In rare cases, the bacteria can invade other parts of the body like the brain and spinal cord which is known as invasive pneumococcal disease. Symptoms include, but are not limited to:

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

WHAT CAN THE PNEUMOCOCCAL VACCINE DO FOR YOU?

- The pneumococcal vaccine consists of purified particles from the outside of the pneumococcal bacteria. The vaccine will not give you pneumonia.
- The current vaccine protects most individuals from getting sick.
- The vaccine is given as a single needle, usually in the arm.

- The vaccine may be given any time during the year and can be given at the same time as the influenza (“flu”) vaccine.
- The vaccine is not the same as the Influenza vaccine and must be given at a different injection site on your body.

WHAT ARE THE COMMON SIDE EFFECTS OF THE VACCINE?

- Soreness/redness of affected arm for a day or two.
- Swelling at the injection site.
- Low-grade fever (less than 38.5°C) that goes away the following day.

WHO SHOULD GET THE VACCINE?

- Individuals 65 years of age or older.
- Individuals in Nursing Homes or other chronic-care facilities.
- Pregnancy and breast-feeding are not a contraindication to pneumococcal vaccine.
- Individuals two years of age and older with the following health concerns:
 - Heart Disease
 - Lung Disease
 - Kidney Disease
 - HIV or AIDS
 - Diabetes
 - Liver Disease
 - Cancer
 - No Spleen
 - Organ Transplant