Mae Brechu yn achub bywydau
Vaccination saves lives

GIG CYMRU NHS WALES
Iechyd Cyhoeddus Cymru
Public Health Wales

Vaccine for pneumococcal disease

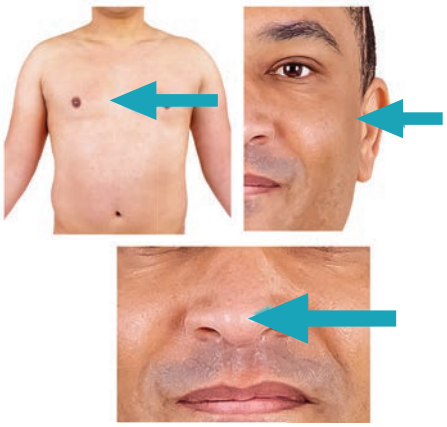
We say it like this: **New mow cock al**

This vaccine is for older people.
And it is for people who are more likely to get very poorly if they get this disease



Mae'r daflen hon ar gael yn Gymraeg. You can get this leaflet in Welsh.

What is pneumococcal disease



Pneumococcal disease is an illness.
It can give you problems with your ears, nose and chest.



It can make you feel poorly.
You might feel like you have a bad cold or cough.



Sometimes it can be very serious.
It can cause other problems in your body.



Some people might have to go to hospital.



And some people might die from it.

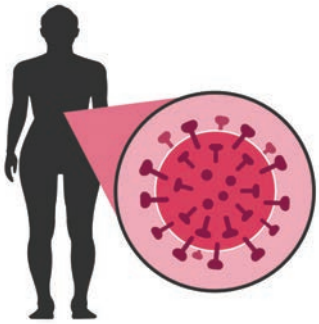


Some people have more chance of being very poorly.



These people can have a vaccine for it.

What is a vaccine



A **vaccine** is a medicine that helps to keep you safe from catching an illness.



Getting a vaccine is usually done by giving you an injection at the top of your arm.



Babies under 1 year old usually have the injection in the top of their leg.



The vaccine for pneumococcal disease is very safe. You will not catch the disease from it.



The vaccine may not stop you from catching the disease. But it can help to make you less poorly if you do catch it.

Who should have the vaccine



Some people have more chance of being very poorly with pneumococcal disease.



You should have the vaccine if you:

- Are aged 65 or older.



- Are aged 2 years to 64 years old with a **long term health condition**.



A **health condition** is a problem that affects your body.
Things like having problems with your heart or with your breathing.



Long term means it lasts for 12 months or more.



- Have a job where you have to heat up metal. This can give you more chance of getting an infection in your lungs.

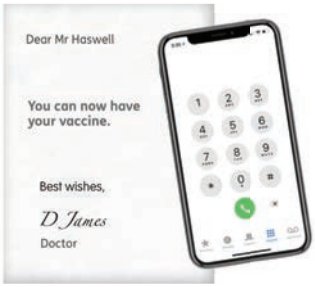


- Are **homeless**.
  Homeless means you do not have a home you can live in.



- Some babies under 2 years old might need it too. Your doctor or nurse will tell you if your baby needs it.

How to get the vaccine



Your doctor will let you know if you should have the vaccine.



You should have it as soon as you are offered it.



If you do not get an invite, contact your doctor. They will tell you if you can have the vaccine.



You can have the vaccine at the same time as most other vaccines.



The doctor or nurse will talk to you about this at your appointment.

Getting the vaccine



Most people aged 2 years and older only need to have 1 injection.



Some people might need to have extra injections to protect them fully.



Your doctor will tell you if you need to have another injection.



If you do not like needles, tell the person who is giving you the injection. They will support you.

What to do if you are ill when it is time to have the vaccine



If you are unwell, it is best to wait until you are feeling better.



You should cancel your appointment and make a new one.
But you should try to have the vaccine as soon as possible.

Who should not have the vaccine



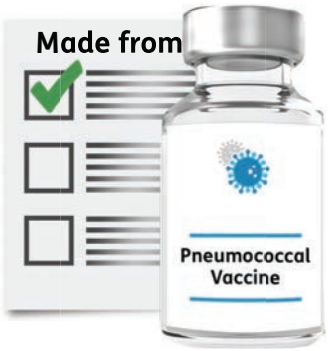
Most people who are allergic to something can have the vaccine with no problems.



You should **not** have the vaccine if:

- You have had a **serious reaction** to the vaccine before

or



- You are allergic to something that the vaccine is made from and it gives you a **serious reaction**.



A **serious reaction** is when:

- You find it hard to breathe.



- You feel confused, faint and you cannot be woken up.



- Your face, neck or tongue start to swell up.



Tell the person giving you the vaccine if you have had a serious reaction to the vaccine before.

Side effects



Side effects are things that might happen to you after you have had the vaccine.



Not everyone gets side effects.



If you do get them, they should only last for 1 to 2 days.



Things you might feel after the vaccine are:

- Having a sore arm where you had the injection.



- Feeling warm, cold or shivery.



- A headache.



- Aches in your body.



- Feeling very tired.

Babies who are younger than 2 years old might:



- Cry a lot.



- Be more sleepy than normal.



- Not be very hungry.

More information



If you want more information about the vaccine, you can speak to your doctor.



You can also phone NHS 111 Wales

Phone 111

It is free to call this number.



You can look on the Public Health Wales website:

phw.nhs.wales/vaccines



To find out how the NHS uses your information, look on this website:

111.wales.nhs.uk/AboutUs/Yourinformation

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