



Mae Brechu yn achub bywydau
Vaccination saves lives



Get vaccinated against
pneumococcal disease



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What is pneumococcal disease?

Pneumococcal infection can cause pneumonia, septicaemia (blood poisoning) and meningitis (inflammation of the brain). It can result in permanent brain damage, or even kill. The germs are common and are spread by coughing and sneezing.

If you have a long-term health condition or are aged 65 or over, you are at higher risk of pneumococcal disease. This leaflet explains why you should get vaccinated.

**You say
pneumococcal
like this:
'new-mow-cock-al'.**



Vaccine information

The pneumococcal vaccine used for adults in Wales is the pneumococcal polysaccharide vaccine (PPV, Pneumovax®23) but some children may need this vaccine too. Most people need only one dose of PPV.

A small number of people should have a second dose of PPV vaccine after five years. This includes people with chronic (long-term) kidney disease, and those who have no spleen or whose spleen doesn't work very well.

PPV protects against 23 types of pneumococcus germs, which cause about nine out of 10 of all pneumococcal infections.

PPV can be given at the same time as other vaccines, including flu and shingles vaccines.

If you are in one of the risk groups advised to have a flu vaccine every year, you are probably also in one of the groups recommended to get this vaccine.

Who should have the pneumococcal polysaccharide vaccine (PPV)?

You should have this vaccine (even if you feel healthy) if you are:

- aged 65 or over; or
- aged between two and 64 years and have any of the following conditions.
 - A heart problem
 - A chest complaint or breathing difficulties, including chronic obstructive pulmonary disease (COPD) or asthma that needs regular steroid inhalers or medicine
 - Diabetes
 - Kidney disease
 - Liver disease
 - Lowered immunity due to disease (such as HIV)
 - Lowered immunity due to treatment (such as steroids or cancer treatment)
 - Complement disorder (the complement system is an important part of the immune system, which helps fight infection)
 - Cerebrospinal fluid (the clear fluid that surrounds the brain and spine) leaking from its usual position
 - this could be due to an accident or surgery
 - A problem with your spleen, for example sickle cell disease, or you have had your spleen removed
 - You are at risk of your spleen not working properly in future (for example, if you have coeliac disease)
 - You have a cochlear implant (this is a specific hearing device)
- You should also be vaccinated if your job involves exposure to metal fumes (for example, if you are a welder)



Children and adults most at risk from pneumococcal disease

Babies are routinely given a different pneumococcal vaccine called pneumococcal conjugate vaccine (PCV, Prevenar13).

All infants born on or after 1st January 2020 should be offered PCV at:



12 weeks of age; and



12 to 13 months of age

Children under 10 who are at a higher risk of developing a pneumococcal infection (see page 4 of this leaflet) should be offered PCV if they haven't already received it. They should also have the PPV vaccine from the age of two.

Older children and adults whose immune system is severely weakened by disease or medication should also be offered both of these vaccines.

Talk to your doctor or nurse if you think you or your child need these vaccines.



Side effects

Most people don't notice any side effects after the PPV vaccine. Some people may get some swelling and soreness around the site of the injection for a few days, or they might get a slight temperature. Other side effects are very rare.

You can find information about reporting side effects online at yellowcard.mhra.gov.uk or call the Yellow Card Hotline on **0800 731 6789** (Monday to Friday, 10am to 2pm).

What do I need to do next?

If you think you should have the vaccine, contact your GP surgery and ask about getting a pneumococcal vaccination.

Where can I get more information?

If you have any questions or want more information, you can visit **111.wales.nhs.uk**, talk to your doctor or nurse or call **NHS 111 Wales**.

If **111** is not available in your area, please call **0845 46 47**. Calls from landlines and mobiles cost 2p per minute (plus your telephone provider's usual charge).

You can find out more about the vaccine, including its contents and possible side effects, at **www.medicines.org.uk/emc** by entering the name of the vaccine (Pneumovax 23) in the search box.

A schedule showing which vaccinations are routinely offered in Wales is available from **111.wales.nhs.uk/livewell/vaccinations/Leaflets**

To find out how the NHS uses your information, visit: **111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights**

To order more copies of this leaflet, visit: **www.publichealthwales.org/HealthInformationResources**



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