



Expect the
Unexpected™

Don't let
pneumococcal
pneumonia
strike.

Could you do more to protect
yourself against **pneumonia**?

Know the risk factors.

Get the facts.

Speak to a pharmacist about vaccination
against pneumococcal pneumonia



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Did you know up to 1 in every 100 UK adults develop pneumonia each year?*

Pneumonia can affect anyone.

The most common cause of pneumonia is a pneumococcal infection, due to bacteria called *Streptococcus pneumoniae*.

If you catch it, pneumonia can be serious and life threatening.

» Read on for more information about the illness and the simple steps that can help protect you from this unexpected threat.

» What is pneumonia?

Pneumonia is caused by infection from bacteria, viruses or fungi, which irritates the lungs. This irritation causes the tiny air sacs in your lungs to become inflamed and swell up with fluid.

» Did you know pneumonia can be life threatening?

Pneumonia needs to be taken seriously, even if you are young and fit. Symptoms of pneumonia may start quickly and in serious cases, lead to hospitalisation.

Over **172,000** adult hospital admissions are due to pneumonia; over **1 in 5** occur in people under 65.†

In the UK, pneumonia is one of the **most common causes of death** due to infection in men and women.

More than
50,000
UK adults die
of pneumonia each year.

* Community acquired pneumonia
† England in 2013/14