

MYTHS vs. FACTS

Here are some key facts you need to know about pneumococcal pneumonia

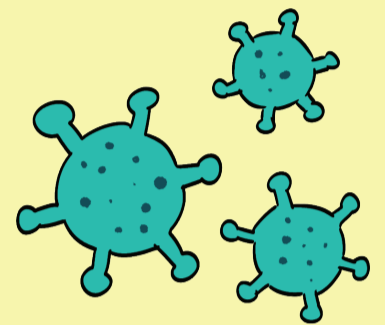


Myth 1: Pneumococcal Pneumonia is not serious

Fact: In Malaysia, pneumococcal disease is one of the most widespread vaccine preventable diseases¹. Outcomes of pneumococcal diseases are serious and potentially fatal, hence preventive measures such as vaccination are recommended to protect against pneumococcal disease¹.

Myth 2: Pneumococcal vaccines are made from bacteria. It is not safe

Fact: Pneumococcal vaccines do not contain live bacteria and so it cannot replicate². These vaccines cannot cause diseases².



Myth 3: COVID-19 and pneumococcal pneumonia are the same

Fact: Pneumococcal pneumonia is caused by bacteria called *Streptococcus pneumoniae*³, while COVID-19* is caused by a virus called SARS-CoV-2⁴.



*COVID-19: Coronavirus disease 2019

Myth 4: All pneumococcal vaccines are the same

Fact: In Malaysia, there are currently two different types of pneumococcal vaccines. They are pneumococcal polysaccharide vaccine and pneumococcal conjugate vaccine^{4,5}.



Myth 5: Pneumococcal vaccines are for babies only

Fact: The Immunisation Schedule for the Elderly by the Ministry of Health Malaysia recommends pneumococcal vaccination for all adults 65 years or older⁸. According to the World Health Organisation, the conjugate vaccine has a few advantages – it generates good immune memory, gives prolonged protection, reduces carriage of pneumococcal bacteria in the nose, and has herd effect (or herd immunity)⁶.

Myth 6: I'm healthy, so it doesn't affect me

Fact: Even if you are healthy, age is one of the risk factor for catching pneumococcal pneumonia⁷. That is because as we age, our immune systems naturally weaken, making it harder to fight off infections like pneumococcal pneumonia⁷.

Chronic conditions like chronic obstructive pulmonary disease (COPD), asthma, heart disease, and diabetes may also increase pneumococcal pneumonia risk⁷. Your risk may even be greater if you have more than one condition and you smoke⁷.



Speak to your doctor

Get vaccinated to protect yourself, your loved ones, and the community⁸. For more information, please visit preventpneumonia.com.my

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Pfizer (Malaysia) Sdn Bhd 197801003134 (40131-T)
Level 10 & 11, Wisma Averis (Tower 2), Bangsar South,
No. 8, Jalan Kerinchi, 59200 Kuala Lumpur, Malaysia.
Tel: 603-2281 6000 Fax: 603-2281 6388

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