

# Vaccine against pneumococcal disease

The pneumococcal vaccine is often referred to as the pneumonia vaccine – and provides good protection.

Pneumococci are a type of bacteria that can cause pneumonia, ear infections or sinusitis, as well as serious conditions with high mortality rates such as blood poisoning (sepsis) and meningitis.



## Take the vaccine if you:

- Are aged 65 or older
- Have a disease that causes immunodeficiency
- Use medicines that weaken the immune system
- Have a disease or other conditions that increase the risk
- Are at risk of infection through work

## Want to find out more?

Speak to your doctor if you are at increased risk of contracting severe pneumococcal disease.

See also our website:  
[www.fhi.no/pneumokkvaksine](http://www.fhi.no/pneumokkvaksine)



## Why should I be vaccinated?

Most people who develop severe pneumococcal disease are admitted to hospital, with a high mortality rate.

Pneumococcal bacteria are found in the nose and throat, particularly among healthy children. Transmission occurs via droplet infection, such as coughing, sneezing, etc.

Most people will not become ill, but some have a greater risk of developing severe pneumococcal disease. The vaccine is the best thing you can do to protect yourself.

Four different types of pneumococcal vaccine are available. Each vaccine provides good protection – your doctor will advise which one is best for you.

## How often should I be vaccinated?

The vaccines have a good effect. A new dose of pneumococcal vaccine is usually recommended every six years, but the need for a booster varies between vaccines.

## Can I take a pneumococcal vaccine with other vaccines?

Pneumococcal and influenza vaccines can be given at the same time, but in different arms. Pneumococcal and coronavirus vaccines should be given one week apart. Remember: pneumococcal vaccine should not be taken every year.

## Does the vaccine have any side effects?

The pneumococcal vaccine can cause tenderness, redness and swelling around the injection site, as well as fever. Allergic reactions and other serious adverse effects are rare.

## Where can I get the pneumococcal vaccine?

Check with your doctor or your municipality's website about where you can be vaccinated.

Some at-risk groups can get the vaccine free of charge on a reimbursable prescription, but most people will have to pay. If you are exposed to the disease through your job, your employer must cover the cost.