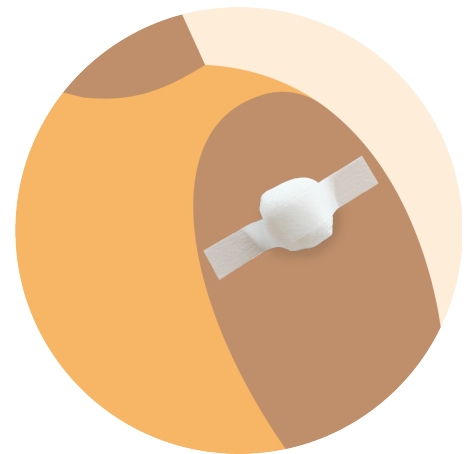


# Vaccine against pneumococcal disease

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.



**The vaccine is recommended for people who**

- are aged 65 or older
- have a condition that causes immunodeficiency
- take medicines that weaken the immune system
- have illnesses or other conditions that increase risk

**Why should I get vaccinated?**

Most people who become infected with pneumococci do not get sick, but some do become seriously ill. Those who develop severe pneumococcal disease are often admitted to hospital, and the mortality rate is high.

The vaccine is the best way of protecting yourself.

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

Several different types of pneumococcal vaccine are available. All these vaccines offer good protection. Your GP will know which ones are best for you.

**How often should I be vaccinated?**

The vaccines have a good effect. Whether or not a booster is needed will vary depending on the vaccine you have had. It has been common to renew the vaccine every six years, but a vaccine is now available which does not need a booster. Speak to your doctor if you are not sure whether you need a vaccine.

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

The pneumococcal, coronavirus (COVID-19) and influenza vaccines

cannot be taken at the same time, but the pneumococcal vaccine should not be taken every year.

**Does the vaccine have any side effects?**

Allergic reactions and other serious adverse effects are rare.

**Where can I get the pneumococcal vaccine?**

Check with your doctor or see your municipality's website to find out where you can have the vaccine.

Some at-risk groups can get the vaccine free of charge on a reimbursable prescription, but most people will have to pay. In the year in which you turn 65, you will be offered the vaccine at a discounted price through the adult vaccination programme. If you are exposed to the disease through your job, your employer must cover the expenses.



For more information, see [fhi.no/voksenvaksinasjon](https://fhi.no/voksenvaksinasjon)