

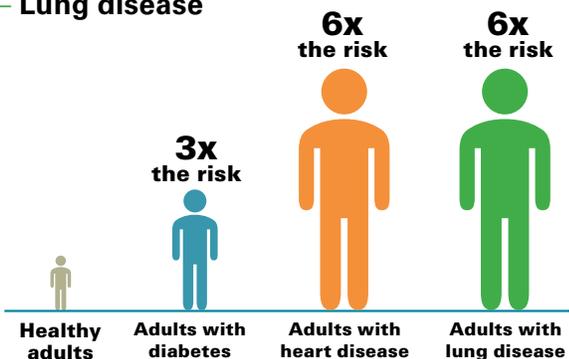
Learn all you can about pneumococcal disease, shingles, and flu.



□ About Pneumococcal Disease

- You may have heard of pneumonia, which has many different causes. Infection with a certain bacterium called pneumococcus can be one of them.
- Infection with this bacterium can cause different types of diseases, which could affect the lungs, the lining of the brain, the spinal cord, and blood.
- Many adults carry the bacteria that cause pneumococcal disease in their nose and throat. In some cases, they may multiply and travel throughout your body, causing infections that can make you very sick.
- Pneumococcal disease can be very serious. It can lead to hospitalization and, in rare cases, may even cause death.
- Certain medical conditions can increase the risk of developing invasive pneumococcal disease:

- **Diabetes**
- **Heart disease**
- **Lung disease**



(Figures not drawn to scale. Represents adults ≥ 18 years of age.)

□ About Shingles

- Shingles is caused by the same virus that causes chickenpox. Once you have had chickenpox, the virus stays in your body and can resurface as Shingles—a painful, blistering rash.
- The painful skin rash occurs on one side of the face or body. There is often pain, itching, or tingling in the area where the rash will develop. The rash then forms blisters. The pain may persist for many years in some people.
- Your chances of getting Shingles increase as you age.

□ About Flu

- Typically, flu season runs from late fall to early spring. Flu viruses can cause:
 - fever
 - headache
 - tiredness
 - cough
 - chills
 - sore throat
 - muscle aches
- These viruses are spread mainly from person to person when an infected person coughs and sneezes. You may also get flu by touching something with flu viruses on it and then touching your mouth or nose.

To help prevent flu:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands with soap and water or alcohol-based hand cleaner.
- Avoid touching your eyes, nose, or mouth.
- Try to avoid close contact with sick people.
- If you get sick, stay home from work or school and limit contact with others.

Ask your health care provider if you are at increased risk for any of these diseases.

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