

Easy Read Guide to the Pneumococcal [Nyoo] + [moh] + [kok] + [al] Vaccine

This information is about the pneumococcal vaccine,
how it works and who can get this vaccine.

It was written with our LeDeR Subgroup.

This made sure we included the voices from our experts with
lived experience from Grapevine, NHS acute trusts, primary
care and social care.



Easy read
version



1. How do vaccinations work?



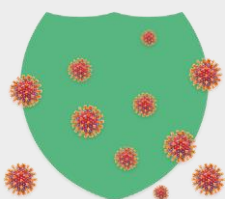
A vaccine is a medicine that helps people fight off a serious disease. Some people call a vaccine a jab or injection.



Vaccines teach your immune system how to create antibodies that protect you from diseases.



It's much safer for your immune system to learn this through a vaccination than by catching the diseases and treating them.



Once your immune system knows how to fight a disease, it can often give you lifelong protection.



Millions of lives are saved each year due to vaccinations.



If you have worries about injections, speak to your doctor about how they can help with this.

2. What is the pneumococcal vaccine?



The pneumococcal vaccine helps protect against serious illnesses like pneumonia, [nyoo] + [moh] + [nee] + [uh] sepsis and meningitis [men] + [in] + [jy] + [tis].

It is recommended for people with a learning disability and adults aged 65 and over.



This vaccine cannot cause an infection.



This vaccine is free from your doctor.

3. Possible side effects of this vaccine.

All vaccines are tested before they are used so they are safe.

Like all medicines, this vaccine can cause side effects, but not everyone gets them.

The most common side effects of this vaccine include:



- **Swelling or pain** where the injection was given.



- **A high temperature**



- **Feeling tired**



- **Loss of appetite**



Most serious side effects such as a severe allergic reaction are very rare and usually happen within minutes.

The person who vaccinates you will be trained to deal with allergic reactions and treat them immediately.

4. Who can get the vaccine?



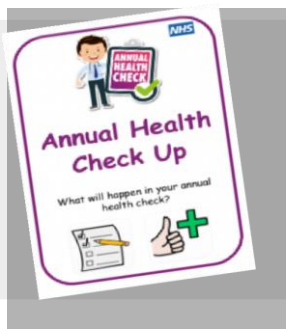
This vaccine is recommended for babies, older people, people with a learning disability and people with other health conditions which would make you at higher risk of getting seriously ill from pneumococcal infections.



Most people can have this vaccine if they need it, including if you're pregnant or breastfeeding.



Ask your doctor if you can have this vaccine.



You can ask your doctor to have the vaccine at any time, but a good opportunity would be during your learning disability annual health check.

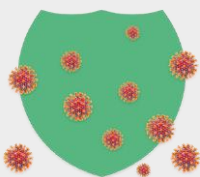


You cannot have the vaccine if you've had a serious allergic reaction to a previous dose of the vaccine or an ingredient in the vaccine.

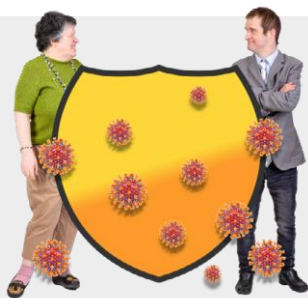


If you are unsure about whether you should get this vaccine, speak to someone at your doctor's surgery.

5. How well will the vaccine work and how long does it last for?



Vaccination gives the best protection against pneumococcal infections.



It helps protect against the most common and serious types of these infections, but there's still a chance you might get a pneumococcal infection.



You usually have some protection 3 weeks from when you had the vaccine. Most adults only need 1 dose of the vaccine for long-term protection.



If you are unsure whether you should get this vaccine or want to talk to someone more about it, speak to a nurse or doctor at your surgery or clinic.