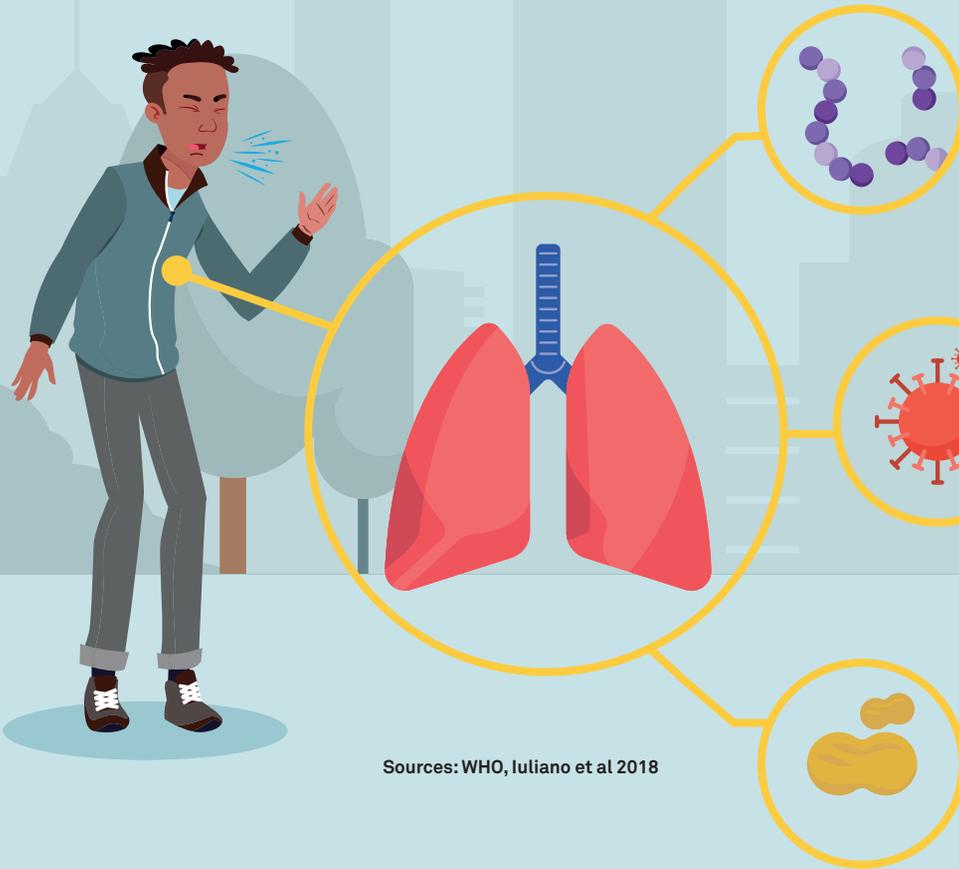


# Protect your lungs: get vaccinated

Getting vaccinated can protect you from lots of different diseases and help you keep your lungs healthy



## Pneumococcus

Pneumococcus can lead to pneumonia – a severe lung infection.

1.6 million deaths each year

## Influenza

The influenza virus causes the flu, which can be dangerous for young children, the elderly and people with existing health conditions.

645,000 deaths each year

## Whooping cough

A serious cough that can last for months and mainly affects children. Damage caused by the virus can also lead to bronchiectasis – a severe and long-term lung disease.

90,000 deaths each year

Sources: WHO, Iuliano et al 2018

## Vaccination can also help to protect other people

People can be protected if those close to them (like friends and family members) and enough people in their communities (including healthcare professionals) are vaccinated, because it stops diseases from spreading.

Talk to your doctor about which vaccines are right for you and those close to you.



Vaccinated



Not able to be vaccinated



# Vaccination is important if you have a lung disease or other health condition

People with a lung condition or other health conditions can be at a higher risk from lung infections. You can prevent some of these infections by getting vaccinated. Consider which vaccines you should have and when you should have them, together with your healthcare professional.



## Vaccination is easy



The healthcare professional will clean the skin...



and inject a small amount of liquid into the muscle, usually at the top of the arm.



To protect you against some diseases, you may need to go back for a second or third vaccination.



That's it! You are now protected from the virus you have been vaccinated against.

## Major\* side effects from vaccinations are very rare

If everyone in each of these cities were vaccinated, less than one person per city would experience a major side effect.



MALMÖ,  
SWEDEN

339,313 people



BELFAST,  
N.IRELAND

342,637 people



NICE,  
FRANCE

340,200 people

Sources: Liang 2011, Esposito 2018, Xu 2019, ONS 2017, INSEE 2015, Statistics Sweden 2019

### Sources

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Find out more at:  
[www.healthylungsforlife.org](http://www.healthylungsforlife.org)

This document was produced with the aim of helping healthcare professionals explain the benefits of being vaccinated to their patients. It was produced by the European Lung Foundation (ELF) as part of the Healthy Lungs for Life campaign.

\*Major side effects are those that are long lasting or permanent, for example immune disorders.

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Republished in September 2019 to correct an error in the mortality statistics (page 1)