

# ARE YOU AT RISK FOR *Pneumonia?*

You might be if you smoke or have:

- Asthma
- Diabetes
- A Weakened Immune System

*If you are 19 or older and at risk, ask your doctor about getting a pneumonia shot.*

## **Pneumococcal Disease** *nō̄-muh-kok'-əl*

*Pronouncing it is hard.  
Getting vaccinated is easy!*

**Call your CCHC provider  
to make an appointment:**

**Phone: (252) 633-4111**

