



ACCÉSSS

Alliance des Communautés Culturelles pour
l'Égalité dans la Santé et les Services Sociaux

Pneumococcal infections – what you must know

Pneumococcal infections are caused by a bacterium called *Streptococcus pneumoniae*, also known simply as pneumococcus (pronounced noo-muh-kok-uhs). These infections can lead to various diseases, including pneumonia, ear infections, meningitis, sepsis, and other upper respiratory tract infections.

Here's what you need to know about pneumococcal infections and how to protect yourself:

Transmission:

Pneumococcal infections are typically spread through respiratory droplets when someone coughs or sneezes. The pneumococcus bacteria can also be present in the throat of a healthy person without causing symptoms, but it can still be transmitted to others.

Symptoms:

The symptoms of pneumococcal infections vary depending on the type of infection. Common symptoms include fever, coughing, difficulty breathing, stiff neck (in cases of meningitis), confusion, severe headaches, and skin rashes.

Groups at risk:

Certain people are more likely to develop pneumococcal infections, including young children, older adults, smokers, people with chronic lung and heart diseases, individuals with weakened immune systems, and those with spleen disorders.

Treatment:

Pneumococcal infections can be treated with antibiotics, but it's important to see a doctor as soon as symptoms appear to ensure early diagnosis and treatment.

What can I do to prevent infections?

Vaccination is the primary preventive measure against pneumococcal infections. Pneumococcal vaccines are recommended for infants, children, young and older

adults, especially those at higher risk. Consult your doctor or pharmacist to determine which vaccine is recommended for you.

Regular hand washing and avoiding touching your face can also help reduce the risk of contracting and spreading respiratory infections, including pneumococcal infections. Moreover, it's important to stay away from sick individuals and cover your mouth and nose when coughing or sneezing.

In summary, to protect yourself against pneumococcal infections, maintain good hygiene, avoid contact with sick individuals, follow vaccination recommendations, and consult a doctor if symptoms appear.

For more information, consult the www.accesss.net website