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

**COVID-19**
The SARS-CoV-2 virus causes COVID-19. Older people and people with pre-existing conditions, such as certain lung conditions, can be at increased risk of severe illness.
- Over 94 million cases in less than a year worldwide

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.
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.

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


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.