

Pneumonia After 65: The Plan

The signs that look different after 65, the vaccine age that changed, and the fever number that means call today.

✓ **Verified against published guidance** from Mayo Clinic, CDC & National Institute on Aging · sources below

Mayo Clinic says to see your doctor if you have difficulty breathing, chest pain, a persistent fever of 102 F (39 C) or higher, or a persistent cough, especially if you are coughing up pus. Adults older than 65 are named as a high risk group. Mayo also says that for some older adults, and for people with heart failure or chronic lung problems, pneumonia can quickly become life threatening.

✓ Do This

Ask About The 50 Plus Shot

- CDC now advises it at 50
- Ask which type suits you
- For adults never given a PCV

COACH'S TIP CDC recommendation, 2026.

Check Which One You Had

- An earlier shot may not count
- Your provider can check
- PCV7 and PCV13 are older

COACH'S TIP CDC says talk to a provider.

Treat New Confusion As A Sign

- Changes in mental awareness
- Not simply a bad day
- Listed for adults 65 and up

COACH'S TIP Mayo Clinic symptom list.

Take The Temperature Anyway

- It can run low, not high
- Record whatever you see
- Low reading in adults over 65

COACH'S TIP Mayo Clinic symptom list.

Get The Yearly Flu Shot

- Flu can lead to pneumonia
- By the end of October
- Higher dose options after 65

COACH'S TIP National Institute on Aging.

Wash Hands And Stop Smoking

- Smoking harms lung defences
- Both are listed prevention
- Hand washing cuts infections

COACH'S TIP Mayo Clinic prevention list.

✗ Do Not

Do Not Wait For A Fever

- Temperature can sit low
- A low reading still counts
- In adults older than 65

COACH'S TIP Mayo Clinic symptom list.

Do Not Assume You Are Done

- Guidance has changed over time
- Ask rather than assume
- An old shot may not cover you

COACH'S TIP Mayo Clinic on reviewing.

Do Not Sit On A Long Cough

- A cough that will not settle
- That is a doctor visit
- Especially bringing up pus

COACH'S TIP Mayo Clinic when to see.

Do Not Pay Out Of Pocket

- Medicare pays for this one
- Pharmacies give it as well
- Many private plans do too

COACH'S TIP National Institute on Aging.

Do Not Push Past Chest Pain

- Pain on breathing or coughing
- Get seen, do not wait
- A listed pneumonia symptom

COACH'S TIP Mayo Clinic symptom list.

Do Not Rely On Memory

- Review the record with a doctor
- Guidance has moved
- Even if you recall a shot

COACH'S TIP Mayo Clinic prevention note.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

Age 50 When CDC now advises the shot

102 F Fever that means call today

65+ Age when confusion counts