

PNEUMONIA

HOW TO STAY PROTECTED

WHAT IS PNEUMONIA?

Pneumonia is a lung infection that can make you very sick, especially if you are an older adult or if you have a long-standing health condition. It is caused by germs such as bacteria or viruses. If you get pneumonia, you might cough, get a fever, have trouble breathing and feel tired or weak.

HOW IS IT TREATED?

The treatment you get depends on what type of pneumonia you have. Antibiotics are usually used to treat pneumonia caused by bacteria. Always take antibiotics exactly as you are told and do not stop taking them just because you feel better. Be sure to take the full course.

PREVENTING PNEUMONIA



GET VACCINATED

- Get your flu shot! People sometimes get pneumonia after they have had the flu so preventing the flu is a good way to prevent pneumonia.
- If you are 65 or older or have a chronic health problem, it is a good idea to get the pneumococcal vaccine. There are two types of pneumococcal vaccinations:
 - › *Pneumococcal conjugate vaccine (PCV 13 or Prevnar 13®)*
 - › *Pneumococcal polysaccharide vaccine (PPSV23 or Pneumovax 23®)*



WASH YOUR HANDS

Clean hands prevents the spread of germs.



BE AWARE OF YOUR OVERALL HEALTH

A healthy diet, oral health, regular exercise and a good night's sleep help to protect you from getting sick and help you feel better sooner if you do get sick.



DON'T SMOKE

Smokers are at higher risk of getting pneumonia.