Pneumonia

■ Is an infection of one or both lungs.
■ Is the most common complication of influenza (flu) in adults.
■ Can cause mild to severe illness in people of all ages.

Symptoms
■ Fever
■ Chills
■ Coughing
■ Fatigue
■ Difficulty breathing

Risk Groups
■ Adults age 65 years or older
■ Persons with certain chronic illnesses or conditions including asthma, diabetes or heart disease
■ Persons with a weakened immune system
■ Smokers
■ Children younger than 5 years of age

How Pneumonia Spreads
■ When a person with pneumonia sneezes, coughs, talks, or laughs, germs can spread into the air.
■ The germs can spread to people and surfaces up to 6 feet away.
■ Germs can spread to your hands if you touch anything that has the germs on it.
■ If you then touch your eyes, nose or mouth before cleaning your hands, the germs can get into your body and you might get pneumonia.
■ Can occur after contact with germs in your community or during a stay in a healthcare facility.

Pneumonia causes about 1 million hospitalizations and about 50,000 deaths each year in the U.S.
**Treatment**
- Many people will need treatment in a hospital.
- Follow treatment from your healthcare provider.
- If prescribed antibiotics, always finish them.

**Prevention**
- Get your flu shot every year. Pneumonia is the most common complication of flu.
- Ask your healthcare provider if you need a pneumococcal vaccination. Pneumococcal bacteria can cause severe pneumonia.
- Avoid contact with people who have a cold or flu.
- Clean hands often.
- Keep hands away from your face, eyes, and mouth.
- Cover your coughs and sneezes.
- If you are in a healthcare facility, it is OK to ask healthcare workers if they have cleaned their hands.
- Stay home when sick and limit contact with others.
- Ask your healthcare provider for help to stop smoking.
- Avoid cigarette smoke.

**WHERE CAN I LEARN MORE?**

- [www.cdc.gov/pneumonia](http://www.cdc.gov/pneumonia)
- [www.cdc.gov/pneumococcal/about/symptoms-complications.html](http://www.cdc.gov/pneumococcal/about/symptoms-complications.html)