



Pneumonia

Pneumonia is a common lung infection caused by bacteria, a virus or fungi. It's often spread by coughing, sneezing or even breathing. Anyone can get pneumonia. It's commonly a complication of a respiratory infection—especially the flu. Older adults, children and people with chronic disease are at high risk for pneumonia.



Common Symptoms

- Cough (may have greenish or yellow mucus)
- Fever
- Shaking chills
- Shortness of breath
- Headache
- Excessive sweating and clammy skin
- Loss of appetite, low energy, fatigue

Preventing Pneumonia

- Get Vaccinated. Get a flu shot every year to prevent seasonal influenza. The flu is a common cause of pneumonia, so preventing the flu is a good way to prevent pneumonia.
- Wash your hands frequently
- Don't smoke. Smokers are a high risk group.
- Be aware of your general health and practice good health habits.

