Pneumonia

Pneumonia is an infection of the lungs. It can cause mild to severe illness. It affects people of all ages. Depending on the cause, doctors often treat it with meds.

Common Causes of Pneumonia

Viruses, bacteria, and fungi can all cause it. In the U.S., common causes of viral pneumonia are influenza and respiratory syncytial virus (RSV).

A common cause of bacterial pneumonia is Streptococcus pneumoniae (pneumococcus). But clinicians are not always able to find out which germ caused someone to get sick with it.

Common Signs of Pneumonia:

- Cough
- Fever
- Problems breathing

Preventing Pneumonia

You can help prevent it and other respiratory infections. Prevent by having good hygiene habits. This is important. Try to stay away from sick people. If you are sick, stay away from others. Do this as much as you can. This is to keep them from getting sick. You can also help by:
- Washing your hands often
- Cleaning surfaces that are touched a lot
- Coughing or sneezing into a tissue or into your elbow or sleeve
- Limiting contact with cigarette smoke or quitting smoking
- Managing ongoing medical conditions (like asthma, diabetes, or heart disease)

Lower your Risk with Vaccines

In the U.S., vaccines can help prevent infection. They help with some of the bacteria and viruses that can cause pneumonia:
- Haemophilus influenzae type b (Hib)
- Influenza (flu)
- Measles
- Pertussis (whooping cough)
- Pneumococcal
- Varicella (chickenpox)