



## PNEUMONIA FACT SHEET

### WHAT IS PNEUMONIA?

Pneumonia is an infection of the lungs that can cause mild to severe illness in people of all ages. It is most serious for infants and young children, people over 65, and people with health problems or weakened immune systems. Viruses, bacteria, and fungi can all cause pneumonia.

### HOW DO YOU GET PNEUMONIA?

- Viruses/bacteria that are commonly found in a child's nose or throat can infect the lungs if inhaled.
- The air through coughing or sneezing (saliva, sputum or nasal mucus)
- Contact with contaminated objects and surfaces

### SYMPTOMS

- Cough
- Fever
- Difficulty breathing
- Chest pain
- Fatigue
- Fever

### PREVENTION

- Cover your coughs and sneezes
- Vaccines can prevent some types of pneumonia
- Frequent hand-washing with soap and water
- Clean and disinfect surfaces