

Preventing Pneumonia

Pneumonia is an infection in the lungs. Those most at risk include elderly, smokers and people with chronic lung diseases (such as emphysema or asthma). The tips below can help you prevent pneumonia.

Take care of your Body

- Drink 6-8 glasses of fluids a day.
- Eat well-balanced, nutritious meals.
- Avoid drinking alcohol.
- Don't smoke. Avoid places where people are smoking.

Avoid Infection

- Wash your hands often to keep from picking up germs.
- Avoid touching your face and mouth with your hands.
- Use disposable tissues. Throw used tissues away.
- Avoid people who have flu or cold.
- Try to avoid crowded places.

Balance Activity and Rest

- Moving around helps keep your lungs clear. Walking is often a good choice of activity.
- Get enough rest. Sleep at least 8 hours each night. Rest or nap during the day as needed.

Breathing Exercises

- Deep breathing and coughing exercises can help clear your lungs.

Medical Care can help

- Your physician may order a chest x-ray to check your lungs.
- Always take prescribed medication exactly as told.
- Have a flu shot every year.
- Have a pneumonia vaccination as often as your physician suggests.
- If you have a cough or notice other signs of a lung infection, see your doctor.

When to call your Physician

- **Fever over 100.4F or chills**
- **Trouble catching your breath**
- **Chest pain**
- **Rapid pulse**
- **Uncontrolled cough**
- **Coughing up green, yellow, dark brown or red mucus**
- **A cold that lasts longer than a week**
- **Feeling more tired than usual**
- **Feeling less hungry than usual**

ATTENTION: This web page is intended to be used for health information ONLY. If you or a family member has a medical emergency, please call your doctor or 911, or your local emergency service number.

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