



## **A MINUTE OF HEALTH WITH CDC**

### *Preventing Pneumonia*

*World Pneumonia Day – November 12, 2017*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Pneumonia is a lung infection that can result in severe illness and even death. Common symptoms include fever, cough, and difficulty breathing. Most people can recover at home in two to three weeks. However, older adults, babies, and people with underlying conditions are at increased risk for serious complications and often need to be hospitalized.

Children get vaccinated at their routine checkups to prevent pneumonia. Several vaccines are available to prevent pneumonia in adults. Talk to your health care provider about which ones are right for you. In addition, not smoking, regular handwashing, and avoiding people who are sick can decrease your chances of getting pneumonia.

Thank you for joining us on a Minute of Health with CDC.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*