



## A CUP 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.*

[Dr. Kathleen Dooling] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Kathleen Dooling.

Pneumonia is a lung infection that can result in severe illness and even death. Dr. Jennifer Farrar is with CDC's National Center for Immunization and Respiratory Diseases. She's joining us today to discuss ways to prevent pneumonia. Welcome to the show, Jennifer.

[Dr. Farrar] Thanks for having me, Kathleen.

[Dr. Dooling] Jennifer, what causes pneumonia?

[Dr. Farrar] Pneumonia is a lung infection that can be caused by viruses, bacteria, or even fungi.

[Dr. Dooling] What are the symptoms of pneumonia?

[Dr. Farrar] Common symptoms of pneumonia include cough, fever, and difficulty breathing. People with mild pneumonia often get better at home within two to three weeks. However, severe pneumonia can lead to hospitalization and sometimes even death. If you experience difficulty breathing, you should seek medical care immediately.

[Dr. Dooling] Is pneumonia more common in any particular age group?

[Dr. Farrar] Pneumonia most commonly affects the youngest and oldest people, as well as people with underlying conditions.

[Dr. Dooling] Is there a vaccine to prevent pneumonia?

[Dr. Farrar] Children get vaccines to prevent pneumonia as part of the routine immunization program. There are also vaccines available for adults, including pneumococcal and influenza vaccines. You should consult your health care provider about which vaccinations are right for you.

[Dr. Dooling] How can we decrease our chances of getting pneumonia?

[Dr. Farrar] The most important thing you can do is to get vaccinated. You can also practice good hand hygiene, which includes washing your hands frequently and covering your cough or sneeze with your sleeve. You should also stay away from those who are sick and stay away from others if you are sick. And if you smoke, you should quit.

[Dr. Dooling] Where can listeners get more information about pneumonia?

[Dr. Farrar] Listeners can go to [cdc.gov/pneumonia](http://cdc.gov/pneumonia).

[Dr. Dooling] Thanks, Jennifer. I've been talking today with Dr. Jennifer Farrar about ways to prevent pneumonia.

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.

Until next time, be well. This is Dr. Kathleen Dooling for *A Cup of Health with CDC*.

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