

# PNEUMONIA FACTS



Pneumonia is an infection in the lungs.



## HIGH RISK POPULATIONS

- People over 65 years of age
- People with ongoing conditions (eg., diabetes or high blood pressure)
- People who smoke
- People under two years of age

## Symptoms

Headache



Stiff neck

Fever or chills



Confusion

Difficulty breathing



Sensitivity to light

Ear pain



Cough

Chest pain



Sore throat

Older adults may experience confusion or low alertness rather than the more common symptoms above.

## COMMON COMPLICATIONS OF PNEUMONIA



Inflammation of the heart or brain



Blood infections



Sinus and ear infections

## PROTECT AGAINST PNEUMONIA

- The pneumonia vaccine is available at most pharmacies.
- Several pneumonia vaccines are available. Ask your provider which one you need based on your age and risks.
- Vaccinating for pneumonia protects you and makes it less likely that you will expose friends and family.
- Getting the pneumonia vaccine will not prevent all cases of pneumonia, but if you do get sick, the symptoms will be less severe.
- Some side effects of the pneumonia vaccine are mild, including redness, pain and swelling at the injection site. Other reported side effects are mild fever, fatigue, chills and muscle pain.



Resource: <https://www.cdc.gov/pneumococcal/resources/prevent-pneumococcal-factsheet.pdf>