

PNEUMONIA



What is Pneumonia?

Pneumonia is a lung infection that can be caused by **bacteria, viruses or fungi**. You can get pneumonia from being in the community or during your hospital stay. It mainly spreads through respiratory droplets and secretions.

What are the Symptoms?

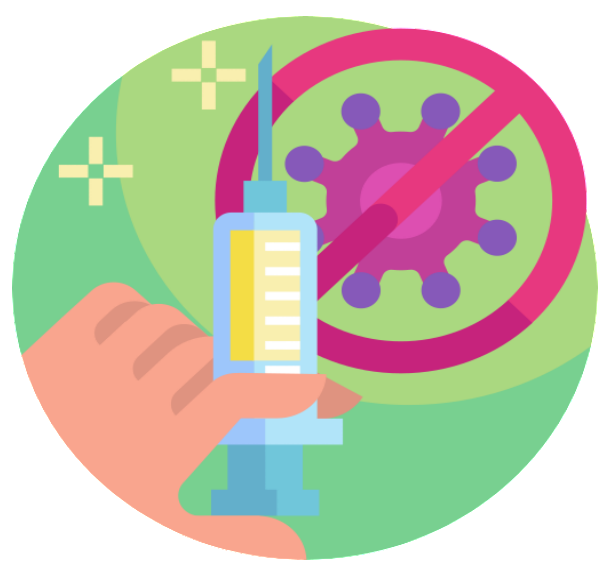
- Cough with phlegm
- Breathing difficulty
- Body, chest and muscle pain
- Fever
- Chills
- Headache

If you receive prompt and appropriate treatment, you can avoid complications such as collection of pus and fluid in your infected lung, severe breathing difficulty, sepsis (when your body's response to the infection damages your own tissues) and even multi-organ failure.

How Can I Be Treated?

Your doctor might provide treatments that include:

- Appropriate resuscitation (method to correct breathing), oxygen therapy and ventilator support
- Appropriate and targeted antibiotics
- Medications to relieve your symptoms



How Can I Protect Myself from Pneumonia?

You can protect yourself by taking a vaccine against pneumonia (**pneumococcal vaccination**) if you are:

- Over 65 years old
- A person with multiple chronic diseases
- Recovering from a severe illness

If you are Singaporean and eligible, you can use up to \$500 a year from your Medisave* to pay for the vaccine. [*You can ask our staff for more information on Medisave!](#)

You Can Also Protect Yourself By:



Washing your hands frequently with soap and water



Practising good hygiene



Scan the QR code to access more health information on our NCID Diseases and Conditions page

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