

KNOW PNEUMONIA

KNOW YOUR RISK & PROTECT YOURSELF

Pneumonia is a common and potentially fatal lung infection that should not be underestimated. One of the most life threatening types is Pneumococcal Pneumonia.ⁱ

WHO IS AT RISK?ⁱⁱ Pneumococcal pneumonia can affect anyone, but those at a higher risk are:



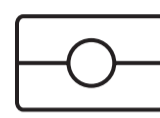
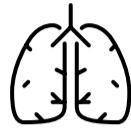
65+ years young



Tobacco smokers



People with medical conditions such as diabetes, cancer or a chronic disease affecting the lungs, heart, kidney or liver.



Indigenous Australians



Infants aged 12 months and under

SYMPTOMS^{iv}



Difficulty breathing



Cough



Fever



Fatigue



Chest pain

HOW DO YOU CATCH IT?^{ix}



Pneumonia is easily spread through sneezing and coughing.

The infection can develop in just 1 – 3 days.

TREATMENT^v Can include:



Hospital admission



Plenty of fluids



Antibiotics & medication



Rest

PREVENTION



Hand & home hygiene^{i, vii}



Quit smoking



Vaccination

Free for Australians 65+, Indigenous Australians & infants 12 months or under^{ii, viii}

FAST FACTS



Over 77,500

pneumonia hospitalisations in Australia each year.ⁱⁱⁱ (2011-12)



The average hospital duration rises with age, from 6 days for those under 65, to 13 days for those 65+.^{vi}

BARRIERS^x

Why don't people protect themselves? Research shows they don't know:

- they are at risk
- steps to protect themselves
- the severity.

IF YOU EXPERIENCE ANY SYMPTOMS SPEAK TO YOUR DOCTOR.

FIND OUT MORE
lungfoundation.com.au
or phone **1800 654 301.**

SUPPORT

For more information, resources and access to patient support services, please contact Lung Foundation Australia.

ⁱ World Health Organization (WHO). Pneumonia fact sheet; September 2016. WHO. Available at <http://www.who.int/mediacentre/factsheets/fs331/en/> [last accessed Feb, 2017].

ⁱⁱ NHMRC, The Australian Immunisation Handbook, 10th Edition, 2013 (updated June 2015) Chapter 4.13. Available at [http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/7B28E87511E08905CA257D4D001DB1F8/\\$File/Aus-Imm-Handbook.pdf](http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/7B28E87511E08905CA257D4D001DB1F8/$File/Aus-Imm-Handbook.pdf) [last accessed Feb, 2017].

ⁱⁱⁱ Lung Disease in Australia, 2014, Woolcock Institute of Medical Research

^{iv} Department of Health and Ageing, Immunise - Pneumococcal Disease. Last modified April, 2015. Available at <http://www.health.gov.au/internet/immunise/publishing.nsf/content/immunise-pneumococcal> [last accessed Feb, 2017].

^v State Government of Victoria - Better Health Channel. Pneumonia. Last modified June 2015. Available at http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Pneumonia_explained [last accessed Feb, 2017].

^{vi} Australian and New Zealand Society for Geriatric Medicine. Position Statement - Immunisation of older people. Australas J Ageing 2016; 35(1): 67-73

^{vii} Jacups SP, Cheng A. The epidemiology of community acquired bacteremic pneumonia, due to Streptococcus pneumoniae, in the Top End of the Northern Territory, Australia - Over 22 years. Vaccine. 2011; 29: 5386-5392.

^{viii} AIHW. Australia's health 2014. Australia's health no. 12. Cat. no. AUS 122. Canberra: AIHW.

^{ix} Centres for Disease Control and Prevention. Pneumococcal disease. Available at <https://www.cdc.gov/pneumococcal/clinicians/clinical-features.html> [last accessed March, 2017].

^x Lung Foundation Australia 'Know Pneumonia' 2017 research survey. Conducted by YouGov, commissioned by Lung Foundation Australia. April 2017.



Lung Foundation Australia

when you can't breathe... nothing else matters[®]