

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?

Pneumococcal pneumonia **CAN AFFECT ANYONE**, but those at a higher risk are:



- 65+ YEARS YOUNG
- PEOPLE WITH MEDICAL CONDITIONS such as diabetes, cancer or a chronic disease affecting the lungs, heart, kidney or liver.
- TOBACCO SMOKERS
- INDIGENOUS AUSTRALIANS
- INFANTS aged 12 months and under

ii

SYMPTOMS

Difficulty breathing



Cough

Fever



Fatigue

Chest pain



iv

TREATMENT

Can include:



Hospital admission



Plenty of fluids



Antibiotics & medication



Rest

v

HOW DO YOU CATCH IT?

Pneumonia is easily spread through **SNEEZING** and **COUGHING**.

The infection can develop in just 1–3 days.



ix

PREVENTION



Hand & home hygiene^{i,vii}



Quit smoking

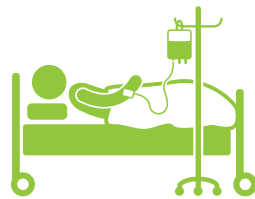


Vaccination

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)

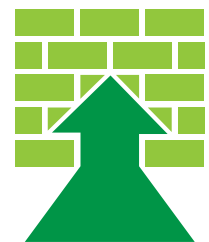


The average HOSPITAL DURATION rises with age, from 6 days for those under 65, to 13 days for those 65+.^{vi}

BARRIERS

Why don't people protect themselves? RESEARCH SHOWS they don't know:

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



x

SPEAK TO YOUR DOCTOR. FOR MORE INFORMATION VISIT www.lungfoundation.com.au/pneumonia OR PHONE 1800 654 301

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.



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