

PNEUMONIA



PLATINUM
HEALTH

Pneumonia is an infection in one or both lungs. Bacteria, viruses, and fungi cause it. The infection causes inflammation in the air sacs in your lungs. These air sacs fill with fluid or pus, making it difficult to breathe. There is a shortage of oxygen, and the main organs of the body: brain, heart, lungs and kidneys are compromised, and this can lead to respiratory distress or even death.

Types of Pneumonia

1. Bacterial

2. Viral

3. Other

Symptoms

Pneumonia symptoms can be mild to life-threatening. They can include:

- coughing that may produce phlegm (mucus)
- fever
- sweating or chills
- shortness of breath that happens while doing normal activities or even while resting
- chest pains that's worse when you breathe or cough
- feelings of tiredness or fatigue
- loss of appetite
- nausea or vomiting
- headaches
- general body aches and pains

IF YOU HAVE ANY OF THE ABOVE, PLEASE CONSULT YOUR NEAREST PLATINUM HEALTH OR EMERGENCY FACILITY

Who is most at risk of COVID-19 pneumonia?

- **Age**
Older adults or adults who are 65 years up are at an increased risk for serious illness due to COVID-19.
- **Underlying health conditions (comorbidities)**
An individual who is suffering from other health complications such as asthma, diabetes, hypertension, liver diseases, obesity, and kidney illnesses is at higher risk of getting pneumonia.
- **Weak immunity system**
Being immunocompromised can raise the risk of serious COVID-19 pneumonia disease.

How to protect yourself

While it may not always be possible to prevent pneumonia from developing, there are some steps you can take to lower the risk:

- **Continue to implement infection control measures, such as:**
 - Avoid crowded places
 - Frequent handwashing
 - Physical distancing
 - Regular cleaning high-touch surfaces.
- **Practice lifestyle habits that can help boost your immune system, such as:**
 - Staying hydrated
 - Eating a healthy diet
 - Take vitamin supplements
 - Getting enough sleep.
- **If you have an underlying health condition, continue to manage your condition and take all medications as directed.**

With COVID-19 prevalence, the risk of a viral pneumonia can develop which could potentially be life-threatening. Please take extra special care of yourself, especially over the cold winter months