



Understanding & Preventing Pneumonia

Pneumonia is an infection of the lung – specifically the air-sacs (alveoli) may fill with fluid or pus, interrupting oxygen exchange and causing symptoms like cough, fever, difficulty breathing and chest pain.

Common symptoms include

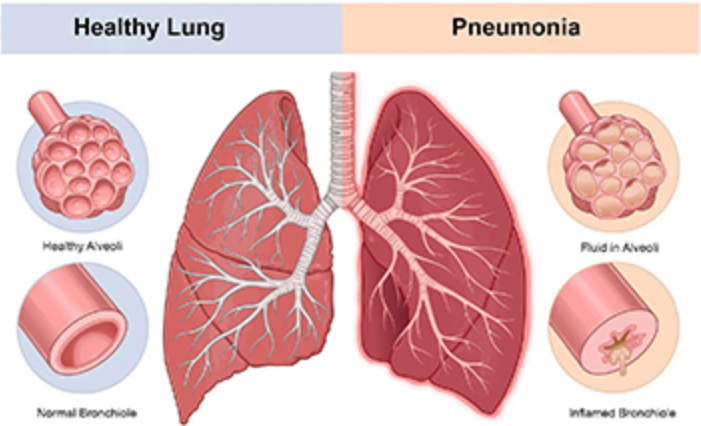
- Cough
- Fever
- Fast or difficult breathing
- Chest pain
- Tiredness or weakness

Who Is Most at Risk?

- Young children under 5 years
- Older adults (especially above 65 years)
- People living in settings with high air pollution, indoor smoke (from cooking/heating fuels), malnutrition or poor access to health services.

What Can We Do at Home?

- Recognize early warning signs: fast or difficult breathing, chest indrawing, inability to feed/drink, persistent high fever in young children.
- Ensure timely vaccinations: pneumococcal, measles, and seasonal influenza vaccines.
- Promote good nutrition: exclusive breastfeeding for the first six months and balanced nutrition thereafter to strengthen immunity.



Improve home environments: avoid indoor smoke, use clean cooking fuels when possible, and maintain good ventilation.

Seek prompt medical care at the first sign of symptoms—early diagnosis and treatment save lives.

When to Seek Medical Attention Immediately?

- Difficulty breathing or fast breathing
- Child refusing to eat or drink
- Confusion or unusual sleepiness
- High fever for more than 3 days

Pneumonia remains a leading cause of illness and death among children and older adults—but it doesn’t have to be. With strong community awareness, timely care, and preventive actions, pneumonia can be controlled. Vaccination, nutrition, clean air, hygiene, and early medical attention are simple but powerful tools.