

December 16 Pneumonia and the cold

MESH FLU WATCH

Threat Assessment

Pneumonia is an infection that is in the lungs and can cause mild to severe illness in people of all ages. Doctors often treat pneumonia with medicine it all depends on the cause, in addition vaccines can prevent some types of pneumonia. According to the Centers for Disease Control and Prevention CDC, it is still the leading infectious cause of death in children younger than 5 years old worldwide. Common signs of pneumonia include cough, fever, and difficulty breathing. You can help prevent pneumonia and other respiratory infections by following good hygiene practices. Good hygiene practices include washing your hands regularly and disinfecting frequently touched surfaces and making healthy choices, such as quitting smoking and managing ongoing medical conditions ([CDC](#))

Some causes of pneumonia are bacteria, fungi, and viruses. In the United States the common causes of viral pneumonia are influenza and RSV (Respiratory Syncytial Virus). Every year in the United States, nearly 1 million people have to seek care in a hospital due to pneumonia and unfortunately about 50,000 people die from it. The appropriate treatment (antibiotics and antivirals) and vaccines could prevent many of these deaths.

- Pneumonia accounts for 15% of all deaths of children under 5 years old, killing 808 694 children in 2017.
- Pneumonia can be caused by viruses, bacteria, or fungi.
- Pneumonia can be prevented by immunization, adequate nutrition, and by addressing environmental factors.
- Pneumonia caused by bacteria can be treated with antibiotics, but only one third of children with pneumonia receive the antibiotics they need.

([WHO](#))

Action Steps:

1. prevent pneumonia with vaccinations, hand washing with soap, reducing household air pollution, HIV prevention and cotrimoxazole prophylaxis for HIV-infected and exposed children
2. Take actions every day to help stop the spread of germs. Frequent use of hand sanitizer or wipes can reduce the amount of germs you carry.
3. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

([WHO](#))

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