

» How long does pneumonia last?

It may take weeks to feel well again after catching pneumonia. Even mild cases of pneumonia can leave you with a cough that persists for two to three weeks after treatment. Often, people feel tired and are unable to return to their normal daily routine for quite some time.

Most people will recover fully after treatment, but pneumonia can lead to serious complications in people who are very young, very old or have a long term medical condition.

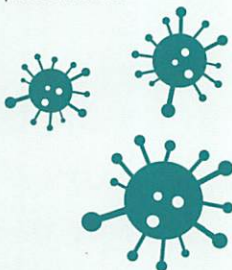
Pneumonia could have dramatic longer-term effects on your life; stopping you from carrying out simple daily activities; that are often taken for granted.

Expect the Unexpected™

Equip yourself with the knowledge you need to protect yourself against pneumonia:

1. Flu is a risk factor

If you have the flu, you could be 100-times more likely to develop pneumonia†



2. Increased risk of heart attack or stroke

If you have a heart condition and have pneumonia, you are four-times more likely to have a heart attack or stroke

3. Lengthy hospital stays

The average length of a hospital stay for someone with pneumonia is ten days

4. Pneumonia is avoidable

Vaccination can help reduce the risk of pneumococcal pneumonia, a common cause of pneumonia.

» What can you do?

Vaccination has been proven to be a successful method for preventing pneumococcal pneumonia and, since pneumonia can be a serious and long-lasting illness.

It is worth discussing vaccination with your pharmacist.

Pneumococcal infections, including pneumococcal pneumonia, can be difficult to diagnose and treat. With increasing antibiotic resistance, vaccination is particularly important because it protects people from becoming unwell and provides another way to manage the infection.

Get vaccinated

Vaccination can help reduce the risk of pneumococcal pneumonia, the most common type of pneumonia.

Speak to your pharmacist about the pneumococcal pneumonia vaccination.

† Based on a modelling study of the population of Illinois, USA.

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[After pneumonia] my life is **no longer the same**...it limits the things I can do in life. I get **exhausted** quickly now... I also have **less energy** for my family. My physical strength is now **limited**. I always live with a **shortness of breath**.”

Angela, 51

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As a relatively healthy person who has **never had respiratory problems**, I never thought **I was at risk from pneumonia**. Had I known a vaccine was available **I definitely would have taken** that **simple step** to protect myself.”

Catherine, 66