## Defend yourself against pneumonia

ANCHOR LEDE

Pneumonia [nuh-MOAN-yah] is a hard enough word to spell, let alone remember how to prevent and treat it. With respiratory illness season here, it's time for a reminder about how to avoid this possibly deadly condition.

TAKE VO

OSF HealthCare E-D physician Doctor Fred Burke says pneumonia is a lung infection caused by a virus or bacteria. If it's viral, providers treat symptoms. If it's bacterial, you'll be given antibiotics. Either way, it's important to be seen quickly if you have symptoms like coughing, fever, chills or shortness of breath.

***SOT***
Dr. Fred Burke
OSF HealthCare emergency department physician

**"One complication is sepsis, when the infection spreads to the blood. That can cause organ failure. Pneumonia can also cause respiratory failure [when the lungs aren't working properly]. Those people might require additional oxygen. Or if it serious enough, they might require intubation [a breathing tube down the throat] or be placed on life support." (:22)**

VO TAG

Pneumonia spreads through respiratory droplets, like sneezing or coughing on someone. So good daily hygiene goes a long way toward not catching the bug. Wash your hands thoroughly and often, sneeze or cough into your elbow, wipe down surfaces, stay home when sick and stay up to date on vaccines. That includes a vaccine for pneumonia. Ask your health care provider if it's right for you.