



Pneumonia: Preventing Reinfection



Overview

If you have recently recovered from a bout of pneumonia, you can take a few simple steps to reduce your chances of getting it again.

Vaccinations

First, stay up to date on all of your vaccinations. Influenza is a common cause of pneumonia, so be sure to get a flu shot every year. You can also get a pneumonia vaccination that will protect your lungs from infection by the pneumococcal bacteria. This is helpful for patients who are at high risk for pneumonia, including young children, nursing-home patients and smokers. If you are a smoker, seek help to quit. Smoking interferes with your lungs' ability to fight infection.

Wash Your Hands

Wash your hands frequently with soap and warm water. Use a hand sanitizer. Good hygiene can help keep you from coming into contact with germs that can cause pneumonia.

Stay Healthy

Finally, adopt a healthy lifestyle. Eat nutritious foods and drink plenty of water. Get regular exercise. This will keep your immune system strong so you can fight off infection. And avoid contact with people who are sick with a cold or the flu. By following these guidelines, you can lower your risk of developing pneumonia.

