

Health Tips

Make Health Happen

PNEUMONIA

www.anthem.com/inmedicaid

Ten things you need to know about pneumonia

1: Pneumonia is an infection of the lungs. Tiny air spaces fill up with fluid. This makes it hard to breathe.



2: Pneumonia is mainly caused by bacteria, viruses and fungi. Germs that cause pneumonia can be passed from person to person through the air when someone coughs or sneezes.*

3: It often takes days or weeks to recover from pneumonia. Not only can pneumonia keep you out of work or school, but it can cause you to miss out on the day-to-day activities you enjoy. Pneumonia can also be deadly.

4: A person with pneumonia may*:

- Have shortness of breath
- Have chest pain
- Cough up blood
- Have a fever
- Be tired all the time
- Have headaches and body aches

5: If you think you have pneumonia, call your doctor.

Early treatment can help you avoid complications and recover more quickly.



6: You can take steps to protect yourself or a loved one from pneumonia. One of the best ways is through vaccines. The Centers for Disease Control and Prevention (CDC) recommends that people most at risk for serious illness receive the pneumococcal vaccine. High-risk groups include*:

- Infants and children under 5 years of age
- All adults age 65 or older
- Smokers
- Children and adults who have had pneumonia before
- Adults and children ages 2 and older with certain medical conditions such as:
 - Asthma
 - Diabetes
 - COPD
- Adults living in nursing homes

7: Colds and the flu can often turn into pneumonia. That's why getting a yearly flu vaccine is an important way to protect yourself. The flu vaccine is for any person 6 months of age and older.

8: Washing your hands often is another good way to help keep you and your family healthy.



Serving Hoosier Healthwise,
Healthy Indiana Plan and Hoosier Care Connect

Helpful phone numbers for **Anthem Blue Cross and Blue Shield members only**

Member Services and 24/7 NurseLine:

- **Hoosier Healthwise and Healthy Indiana Plan** - 1-866-408-6131
- **Hoosier Care Connect** - 1-844 284-1797
- **TTY: 711**

9: You can always talk to your doctor about your questions or concerns. He or she can tell you if you are in a high-risk group.

10: To learn more about pneumonia and how to prevent it, visit [cdc.gov](https://www.cdc.gov) or call 1-800-CDC-INFO (1-800-232-4636).



Call for free translation/Llame para una traducción sin costo:
1-866-408-6131 (Hoosier Healthwise, Healthy Indiana Plan);
1-844-284-1797 (Hoosier Care Connect); TTY 711.