

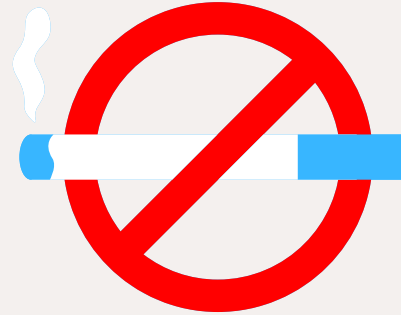
# How to Prevent Pneumonia



**Get flu and  
pneumococcal vaccines**



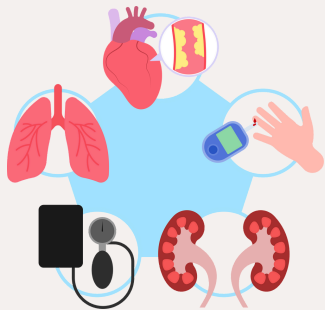
**Practice good  
hygiene**



**Quit smoking**



**Avoid exposure to  
sick people**



**Manage chronic  
diseases**



**Practice healthy  
lifestyle**



**Use humidifier or  
take a steamy  
shower**



**Avoiding exposure  
to pollutants**