

PNEUMONIA

PNEUMONIA is an infection caused by various bacteria and/or viruses growing in the lungs and causing swelling, irritation, and mucous production. Swelling and mucous in the lungs can make it very tiring and difficult to breath. Pneumonia can be life-threatening in the very young, elderly, and those with chronic health conditions.

SOME FACTS about PNEUMONIA



- Can be life-threatening to the very young, elderly, and those with lung problems like asthma.
- Causes extreme tiredness and confusion.
- May require hospitalization.
- Requires taking antibiotics as ordered—no missed or delayed doses.

RISK FACTORS (Causes)



The following increases chances of getting Pneumonia:

- Poor hygiene (no hand-washing)
- Smoking or second-hand smoke
- Chronic conditions such as asthma, diabetes, emphysema, cerebral palsy, and others
- Lack of current flu and/or pneumonia vaccination
- Swallowing problems that cause food and liquids to seep into the lungs
- Contact with people who have flu or cold symptoms

WHAT to WATCH FOR

Signs and symptoms of PNEUMONIA:



- **COMMON SYMPTOMS:**
 - ☑ COUGH with greenish, tan, yellow, or pink mucous
 - ☑ FEVER (mild or high) with shaking & chills
 - ☑ SHORTNESS OF BREATH with daily activities
- **OTHER SYMPTOMS:**
 - ☑ CONFUSION & BEHAVIORS in the elderly & individuals with disabilities
 - ☑ EXCESS sweating and/or clammy skin
 - ☑ HEADACHE
 - ☑ FATIGUE resulting in excessive sleeping/lethargy
 - ☑ LOSS OF APPETITE
 - ☑ UNABLE to drink enough fluids
 - ☑ CHEST PAIN that is sharp or stabbing during deep breathing

WHAT TO DO • PREVENTION



- **HAND WASHING** — Encourage frequent hand washing especially:
 - After blowing your nose, going to the bathroom, diapering, or performing personal care on self or others;
 - Before eating or preparing foods;
 - Before and after activity changes (when coming back from an outing).
- **DON'T SMOKE** — Tobacco damages the lungs' ability to fight infection.
 - Limit second-hand smoke exposure.
 - Ensure smoking is only permitted in designated areas.
 - Encourage smoking cessation activities.
- **VACCINATIONS:**
 - Flu vaccine prevents pneumonia and other problems caused by the influenza virus.
 - Pneumococcal vaccine (Pneumovax, Prevnar) lowers your chances of getting pneumonia.

WHAT TO DO • TREATMENT

- Start antibiotics right away (within 6 hours of diagnosis or prescription) and finish all doses even when you start feeling better.
- Follow and complete all instructions from the medical provider or in the discharge orders.
- Schedule a follow-up appointment with the Primary Care Provider (PCP) following care in the urgent care, emergency room, or after discharge.
- Consult with the PCP if there is no improvement or worsening symptoms after 72 hours (3 days) of antibiotic use.
- Obtain a chest x-ray 6 - 8 weeks after treatment to ensure there are no fluids in the lungs.
- Allow for extra rest and sleep to help with recovery; limit activities and outings.
- Limit social contacts for the first 3 - 4 days when individuals with pneumonia are most contagious.

EMERGENCY

CALL 9-1-1 for any of the following conditions:

- Difficulty Breathing
- Loss of Consciousness or Changes in Level of Consciousness
- Severe Pain



START CPR immediately after calling 9-1-1 when individual is non-responsive and a heartbeat (pulse) cannot be detected.

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