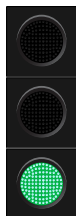


## Warning Signals for Pneumonia

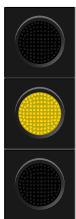
### *Green Light - Good Signs - All is Well!*



- ✓ Breathing is good
- ✓ No cough
- ✓ Can walk, work, etc. with ease

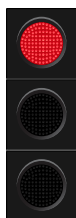
### *Yellow Light - Caution Signs - Time to Act!*

**Call your doctor if you have:**



- ✓ Coughing
- ✓ Chest pain - stabbing
- ✓ Greenish/yellow phlegm
- ✓ Shortness of breath
- ✓ Chills or fever

### *Red Light - DANGER Signs - STOP!*



- ✓ Medicine is not helping!!
- ✓ Breathing is hard and fast or painful!!
- ✓ Cannot walk!!

**CALL YOUR DOCTOR RIGHT AWAY!!**



## Symptoms of Pneumonia

Pneumonia is caused by inflammation in your lungs.

Symptoms of pneumonia can be very different depending on you and what caused your pneumonia.

People can get pneumonia after other infections like the flu.

### Common symptoms of pneumonia are:

- ▶ Cough
- ▶ Fever
- ▶ Chills
- ▶ Fast breathing
- ▶ Wheezing
- ▶ Trouble breathing
- ▶ Feeling tired

### Less common symptoms are:

- ▶ Chest or abdominal pain
- ▶ Loss of appetite
- ▶ Vomiting

When bacteria cause pneumonia, a person gets sick right away, has high fever and trouble breathing.

When a virus causes pneumonia, symptoms are less severe and appear more gradually.

### Circle true or false:

A cough and trouble breathing are symptoms of pneumonia?    **T**    **F**

Severe pneumonia can be life threatening?    **T**    **F**



# Treating Pneumonia

## Medicines

- ▶ Different medicines are used to treat pneumonia.
  - Antibiotics are often used to treat bacterial pneumonia
  - Antiviral medicines are used to treat viral pneumonia
  - Breathing treatments may be prescribed but are not used for all patients
  - Mucous thinners and other medicines will be given as the doctor advises
- ▶ Take all prescribed medicines as directed.
- ▶ Stopping medicine too soon may cause your pneumonia to come back.
- ▶ If you have side effects call the doctor before stopping the medicine.

## What else do I need to do?

- ▶ Rest and don't get overheated.
- ▶ Drink fluids especially water
- ▶ Call your doctor if you run fever, start to cough more, or have trouble breathing.
- ▶ Make an appointment to have your doctor recheck you to be sure your lungs have cleared up.
- ▶ Avoid smoking.

## Circle True or False:

- If I don't take all of my antibiotics my pneumonia may come back.     **T**     **F**
- A doctor will need to recheck me to be sure my pneumonia is gone.     **T**     **F**