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Keep Calm and Stay Healthy

## Pneumonia

Pneumonia is an infection of one or both lungs. This infection can be caused by bacteria and viruses. Once the lungs have been infected, inflammation starts building up in the air sacs. This inflammation causes fluid build-up that makes breathing difficult. If there is too much fluid (or mucous) build-up, the lungs struggle to add oxygen to the blood. This can cause respiratory failure. Once the bacteria invades the lungs and inflammation starts, our body releases white blood cells to fight against the infection. This is the body's natural reaction to start healing itself, but for bacterial pneumonia, antibiotic treatment is usually needed, as well. To prevent pneumonia, obtain your Pneumococcal Vaccine if over 65 years of age: check at your local health department.

### Warning Signs

- ⇒ Fever >101
- ⇒ Cough (dry, or with greenish, yellow or bloody mucous)
- ⇒ Tachycardia ( heart rate >100 bpm)
- ⇒ Chills
- ⇒ Shortness of breath and/or chest pain
- ⇒ Poor appetite
- ⇒ Nausea
- ⇒ Increased respiratory rate (over 20 breaths/min)

Pneumonia can be fatal. If you have any of these symptoms, or if you suddenly start getting worse after having a cold or flu, seek medical treatment.

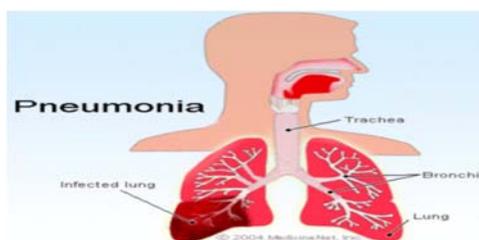
### Treatment Options

#### At home:

- ⇒ Drink plenty of fluids
- ⇒ Eat a healthy diet
- ⇒ Get enough rest
- ⇒ Get oxygen therapy if needed
- ⇒ Control fever with NSAIDS (do not give aspirin to children)
- ⇒ Take antibiotics as prescribed

#### In the hospital:

- ⇒ Oxygen therapy
- ⇒ IV antibiotics and fluids
- ⇒ Breathing treatments



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### REFERENCES

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