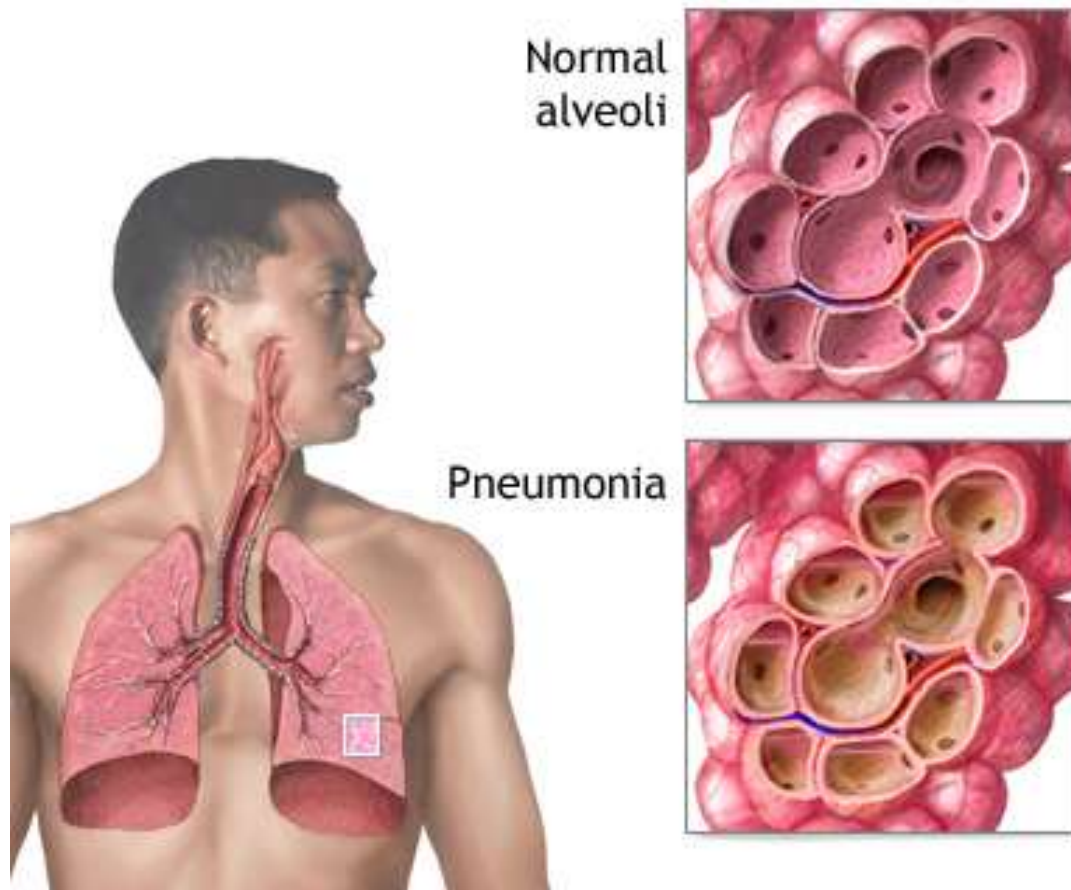


PNEUMONIA

An Overview of a Common Respiratory Disease

WHAT IS PNEUMONIA?



Pneumonia is an infection that inflames the air sacs in one or both lungs.

The air sacs may fill with fluid or pus that causes a persistent cough, fever, chills, and difficulty breathing.

A variety of organisms, including bacteria, viruses and fungi, can cause pneumonia.

<https://www.mayoclinic.org/diseases-conditions/pneumonia/symptoms-causes/syc-20354204>

PEOPLE AT RISK FOR PNEUMONIA

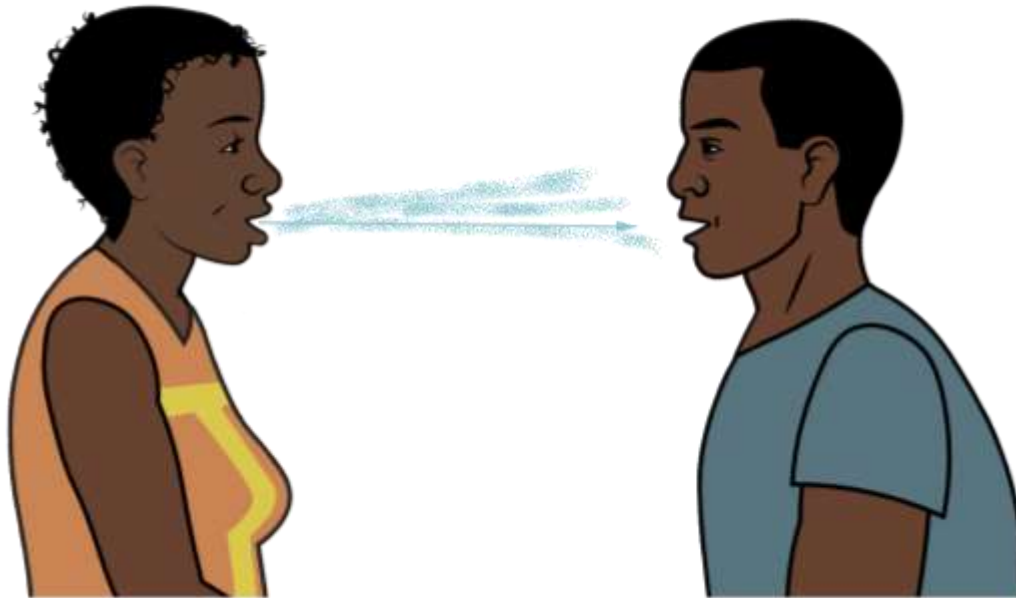
Pneumonia can range in seriousness from mild to life-threatening.

It is most serious for infants and young children, people older than age 65, and people with health problems or weakened immune systems.



HOW DOES PNEUMONIA SPREAD?

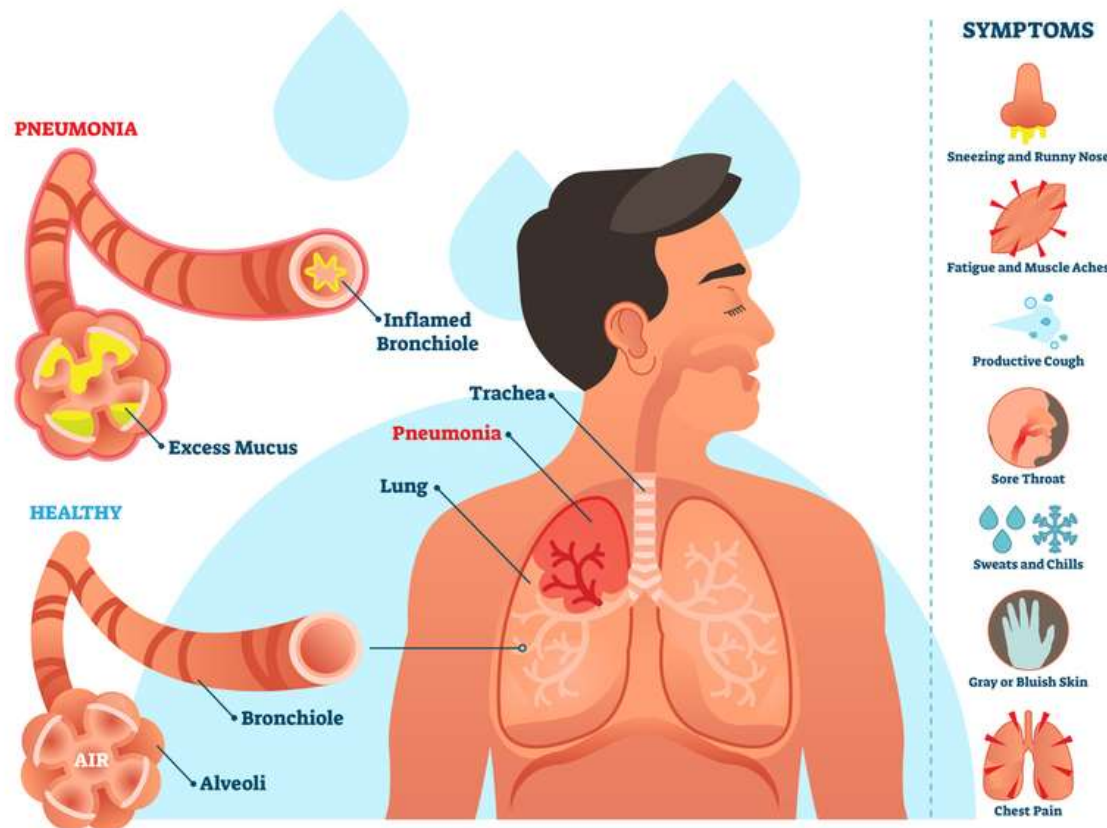
Pneumonia is mostly spread when people infected cough, sneeze or talk, sending respiratory droplets into the air. These droplets can then be inhaled by close contacts. ²



² <https://www.lung.org/lung-health-diseases/lung-disease-lookup/pneumonia/what-causes-pneumonia#>

PNEUMONIA SYMPTOMS

Many symptoms of pneumonia are similar to other respiratory diseases:



SYMPTOMS



Sneezing and Runny Nose



Fatigue and Muscle Aches



Productive Cough



Sore Throat



Sweats and Chills



Gray or Bluish Skin



Chest Pain

- Persistent cough
- Runny nose; sneezing
- Fever
- Chills/sweats
- Chest pain
- Sore throat
- Trouble breathing
- Fatigue and muscle aches

HOW DO I PREVENT GETTING PNEUMONIA?

CDC recommendations:

- Get vaccinated for pneumonia
- Avoid being close to people who are ill
- Maintain a healthy diet
- Practice good hygiene and sanitation



WHEN YOU GET PNEUMONIA



Pneumonia is a serious condition and can require medical treatment. Home remedies will not cure pneumonia, however, they can sometimes help manage symptoms.

- Drink plenty of water, tea or soup broth to stay hydrated
- Take Cough Medicine
- Get plenty of rest
- Cover your mouth when you cough or sneeze

WHAT CAN I DO TO FEEL BETTER?



More tips:

- Make sure to eat plenty of protein.
- Avoid milk products
- Avoid being around smoke
- Boil water and inhale the steam
- Take ibuprofen or acetaminophen

TIME TO SEE A DOCTOR



See your doctor if you or your loved one has:

- Severe chest pain
- Fever that stays at 102°F or higher
- Shaking chills
- Shortness of breath
- Trouble breathing

Remember that pneumonia can be fatal if not treated!

MYTHS AND MISCONCEPTIONS

Some people say:

- Pneumonia only affects old people:
WRONG!
- Pneumonia isn't really that bad:
WRONG!

REMEMBER:

- Anyone can get pneumonia!



PRACTICE GOOD HEALTHY HABITS



When you make healthy choices you are less likely to get sick. So remember:

- Make sure to always wash your hands
- Practice good sanitation and hygiene
- Don't smoke
- Practice moderation if you drink alcohol
- Eat a healthy, nutritious diet

RESOURCES

- <https://www.webmd.com/lung/bacterial-pneumonia>
- <https://www.everydayhealth.com/pneumonia/guide/>
- <https://www.cdc.gov/vaccines/vpd/pneumo/hcp/recommendations.html>
- <https://www.mayoclinic.org/diseases-conditions/pneumonia/symptoms-causes/syc-20354204>

YOULEARN Educational Series provides the community based healthcare worker with educational materials for teaching the reader with low literacy; developed in cooperation with Texas A&M University School of Public Health, PHLT303, class 2020.

For additional information on healthcare booklets, please contact:
info@youlearnacademies.org – a leader in educational materials for the rural poor since 2014. <https://www.youlearnacademies.org>

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