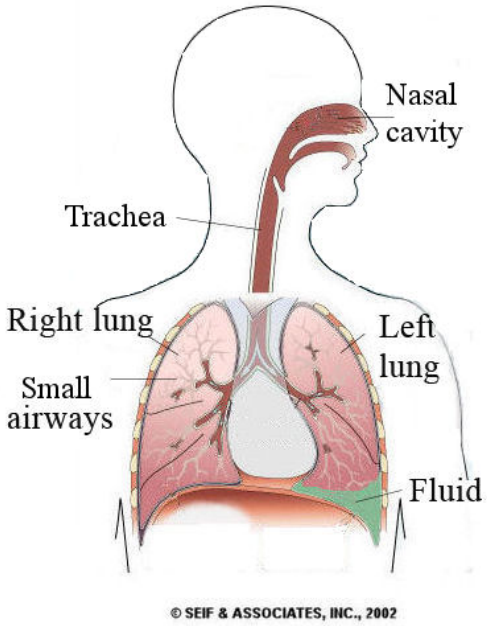
Pneumonia

Pneumonia is an infection of the lungs. It may be caused by a virus or by bacteria. It can spread easily. You can catch it from being close to someone who is already sick (*contagious*). The sick person may cough or sneeze. This can spread the germ through tiny drops that get sprayed into the air.

HOME CARE

- Only take medicine as told by your doctor.
- A vaporizer may help loosen mucus.
- To reduce coughing, sleep so you or your child is almost sitting up (*semi-upright*).
- Rest.



TREATMENT

Pneumonia from:
- A virus must run its course. It is not cured with medicine.
- Bacteria can be cured with medicine (*antibiotics*). Take all the medicine until it is gone.

A shot (*vaccine*) can prevent one type of pneumonia. Shots are advised for:
- Everyone age 65 and older.
- Chemotherapy patients.
- People with immune system problems.
- Children and adults with certain medical problems.

Ask your doctor if you or your child should get this shot.

Write down the date when you or your child received the pneumococcal shot. If you do not know when you or your child had the shot, ask your doctor.

Pneumonia can cause bigger problems with (*complicate*) the flu. Getting a **flu shot** can lower that risk.

Do not smoke. Quit smoking if you smoke.

GET HELP RIGHT AWAY IF:

- **You or your child has shortness of breath or chest pain. Call your local medical emergency services (911 in U.S.).**
- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**
- You or your child coughs up mucus (*sputum*) that is yellow, green, or brown.
- You or your child cannot control his or her coughing.
- You or your child coughs up blood.
- The pain gets worse, even with medicine.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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