

PNEUMONIA

An acute disease marked by **inflammation of the lungs** and caused by viruses, bacteria, or other microorganisms and sometimes by physical and chemical irritants

SYMPTOMS

- Fever chills
- Chest pain during breathing
- Cough
- Tachypnea
- Symptoms appear gradually and may come suddenly or secondary to infection by a virus or flu or other disease



TREATMENT

- **Consult a doctor** if symptoms begin.
- Perform medical tests referred by the physician
- The patient may require hospitalization for an injection treatment (antibiotics, oxygen, steam)
- You must drink plenty of **fluids** and eat a meal high in protein, vitamins and calories

PNEUMONIA PREVENTION

For children

- All children older than **6 months of age** should get a flu shot every year to prevent seasonal influenza. The flu is a common cause of pneumonia, so preventing the flu is a good way to prevent pneumonia.
- Get your child vaccinated against pneumococcal if your child is < 5 years of age.
- **Wash your hands** frequently, especially after blowing your nose, going to the bathroom, diapering and before eating or preparing foods.
- Do not expose your child to smoke; tobacco smoke **weakens the ability** of the lungs to fight infections.

For adults

- Do not smoke.
- Get immunized: get an annual flu shot, as well as a pneumococcal vaccine (for immunosuppressed patient and elderly patient)
- Practice **good hygiene** habits: wash your hands regularly
- Stay in good health: avoid contact with ill persons (flu, respiratory infections measles...) make sure to follow appropriate nutrition, get plenty of physical exercise and rest.