

## WHAT IS IT?

Pneumonia is the inflammation of the lung(s). *Causes of the inflammation can be infectious or non-infectious.*

## WHO IS AT RISK?

- Adults over age 65
- Young children
- People with weak immune systems
- People with multiple medical problems

### Prevention

- Get Vaccinated! (*Flu and Pneumonia Vaccines*)
- Regular hand washing
- Eat a healthy diet
- Exercise
- Get enough sleep
- Stop smoking
- Limit contact with those who are sick

### Once Diagnosed

- Take your medication as prescribed
- Drink plenty of fluids
- Ask your doctor about cough medication
- Limit exposure to smoking
- Rest and do not over do it with daily activities
- Help to open your airways (*drink warm beverages, steamy baths/showers, humidifiers*)

### Recovery

- Limit contact with family/friends to reduce spread of infection
- Cover your mouth/nose when you cough
- Wash hands frequently

Treatment may also include:  
IV Fluids, antibiotics, oxygen therapy.

## COMMON SYMPTOMS:

Symptoms may vary from person to person

- High Fever
- Chills
- Headaches
- Loss of Appetite
- Mood Swings
- Low Blood Pressure
- High Heart Rate
- Runny Nose
- Sore Throat
- Diarrhea
- Nausea
- Vomiting
- Joint Pain
- Fatigue
- Muscle Aches
- Productive Cough (*discolored mucus indicates infection*)
- Shortness of Breath
- Chest Pain



Early detection is key! Contact your doctor and ask questions! Don't ignore your symptoms.

## Physical and Occupational Therapies

- Controlled breathing techniques
- Strength and endurance activities to improve muscle use
- Adapting your environment to improve independence with daily activities
- Helping you achieve your highest level of function

## Speech Therapy

- Ability to regulate your breathing while eating/speaking.
- Modification of food/liquid to promote safe swallowing.
- Muscle strengthening/coordination exercises to improve speech/swallowing.
- Voice/speech exercises to improve communication.

## What is Aspiration?

Food, liquid, gastric contents ending up in your lungs.

## EDUCATION & SUPPORT

### E MEDICINE HEALTH

[www.emedicinehealth.com/pneumonia/article\\_em.htm](http://www.emedicinehealth.com/pneumonia/article_em.htm)

### AMERICAN LUNG ASSOCIATION

[www.Lung.org](http://www.Lung.org)

### WEB MD

[www.webmd.com/lung/understanding-pneumonia-basics#1](http://www.webmd.com/lung/understanding-pneumonia-basics#1)

### CDC

[www.cdc.gov](http://www.cdc.gov)