

# Pneumonia

## What is it?

- **Pneumonia**- Infection of the lungs (acute)
- **Bacteria**- can infect the blood-pneumococcal bacteria
- **Meningitis**- can infect the covering of the brain
- **PCV Vaccine**- Given in a series with 4 shots-

## Who should get the pneumococcal vaccine?

- **Age 65 and older a 1 time dose**
  - Respiratory disease, asthma, COPD, bronchitis
  - Diabetes
  - HIV
  - All children under 2
  - Any child at high risk for pneumonia complications
  - Not recommended for adults except the 1 time dose



## What are the Symptoms?

- **Symptoms**- Cough, chest pain, chills, shortness of breath, fever, yellow, green or bloody mucus, fatigue, headache or muscle aches, lips/nails blue, confusion



## What do I need to do?

- **See your Health Care Provider**- immediately
- **Increase Fluids See FFF Fluids**
- **Physical Exam**- listen to lungs, temperature, examine nose and throat
- **Tests**- blood tests, oxygen level, chest X-ray, mucus sampling or bronchoscopy
- **Breathing Exercises Needed**- deep breathing, controlled cough, rest, fluids

