

Pneumonia

When you have pneumonia, the air sacs in the lungs fill with infection or mucus. Pneumonia is caused by a bacteria, virus or chemical. It is not often passed from one person to another.

Signs of Pneumonia

- Breathing faster than normal or having trouble breathing
- Pain in the chest when breathing or coughing
- A cough with mucus that may be yellow, green or rust colored
- Fever
- Shaking or chills
- Sweating
- Lips or nails are blue

Your Care

Your doctor will listen to your lungs. You may have a chest x-ray and a sample of your mucus checked for bacteria or virus germs called a sputum culture.

- You may get antibiotics as pills or in an IV (intravenous). Take the pills as directed. Take all of the medicine until it is gone even if you feel better.
- You may be given medicine to ease chest pain or coughing. Take the medicine as directed.
- Oxygen may be given as a part of your care.
- You are asked to cough and deep breathe every 2 hours while awake to remove mucus.
- Spit any mucus you cough up into a tissue and throw it away. Do not swallow it.
- Rest often.
- Drink 8 or more glasses of liquids each day.
- Eat a healthy diet.
- Do not smoke.
- Follow-up with your doctor within 7 days, **even if you are feeling better.**

肺炎

当您患肺炎时，肺气囊被感染或充满粘液。肺炎由细菌、病毒或化学品引起。从一个人传染到另一个人不很常见。

肺炎的症状

- 呼吸比正常情形快或呼吸困难
- 呼吸或咳嗽时胸痛
- 咳嗽的痰液可能呈黄色、绿色或锈色
- 发烧
- 颤抖或发寒
- 出汗
- 嘴唇或指甲呈青色

您的医疗

您的医生将听您的肺部。您可能要做 x 光胸透并需要一个痰样，用于做痰液微生物培养，以检查有无细菌或病毒。

- 您可能要服抗生素药片或作静脉注射 (IV)。按医嘱服用药片。即使您感到好多了也要服用所有药片，直至全部服完。
- 您可能要服药以减轻胸痛或咳嗽。请按医嘱服药。
- 作为医疗的一部分，可能会给您输氧。
- 未睡觉时，您被要求每 2 个小时咳嗽并深呼吸，以除去痰液。
- 将咳出的任何痰液吐入纸内并将其丢掉。不要吞咽痰液。
- 多休息。
- 每天喝 8 杯或更多液体。
- 吃健康饮食。
- 不要吸烟。
- **即使您感觉已好转**也要在 7 天之内到医生诊所作后续诊访。

Pneumonia. Simplified Chinese.

To limit your risk of pneumonia, get a flu shot every fall. You can get pneumonia from the flu. Talk to your doctor about getting a pneumonia vaccine.

Call your doctor **right away** if you have:

- More problems with breathing
- A higher fever or your fever lasts more than 1-2 days
- Confusion
- An increase in chest pain
- Nausea and vomiting

Talk to your doctor or nurse if you have any questions or concerns.

为减少您患肺炎的风险，每年秋天请注射流感疫苗。您可由流感患上肺炎。向您的医生询问有无肺炎疫苗。

如有以下症状，请**立刻**打电话给您的医生：

- 呼吸更加困难
- 发高烧或发烧持续超过 1-2 天
- 意识混乱
- 胸痛加剧
- 恶心与呕吐

如有任何疑问或关注事宜，请告知您的医生或护士。

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