

兒童肺炎

Pneumonia in Children

Pneumonia is an infection in the lungs often caused by bacteria or a virus. When a child gets pneumonia, tiny air sacs in the lungs can fill with fluid. This fluid blocks the air sacs and oxygen cannot get to the body from the lungs.

Signs of Pneumonia

- Chills
- Fever
- Chest Pain
- Cough
- Feeling very tired
- Trouble breathing or fast breathing
- Poor appetite or poor breast or bottle feeding
- Muscle aches

Your Child's Care

Your child's doctor will listen to your child's lungs. Your child may have a chest x-ray and a sample of his or her mucus checked for germs. This is called a sputum culture.

- If the cause is bacteria, your child's doctor may order antibiotics. Give the medicine as directed. Be sure to give **all** of the medicine, even if your child feels well.
- Your child may be given medicine to ease chest pain or coughing. Give the medicine as directed.

肺炎係指肺部感染，通常由細菌或病毒所引起。兒童感染肺炎時，肺部的微小肺泡會充滿體液。這種體液可堵塞肺泡，使得氧氣無法從肺部輸送到身體內。

肺炎的症狀

- 發冷
- 發燒
- 胸痛
- 咳嗽
- 感到非常倦怠
- 呼吸困難或呼吸急促
- 食慾不振、不想吸吮母乳或喝奶
- 肌肉疼痛

對兒童的護理

醫生會進行肺部聽診。您的孩子可能需要進行胸部 X 光攝影，並做粘液樣本病菌檢查。此稱為痰液培養。

- 如果成因起於細菌，醫生可能會使用抗生素。遵照醫囑用藥。務必將**所有**藥物用完，即使您的小孩已有好轉。
- 可能會給予孩子藥物以緩解胸痛或咳嗽。遵照醫囑用藥。

- Have your child spit any mucus coughed up into a tissue and throw it away. Do not let your child swallow mucus if possible.
- Do not give over the counter (OTC) cough medicine without asking your child's doctor first. Your child needs to cough and bring up the mucus. Coughing is the body's way of clearing the infection from the lungs.
- Make sure your child gets plenty of rest.
- Keep your child away from people who are smoking.
- Have your child drink water. Ask your child's doctor how much to give.
- Keep all appointments with your child's doctor. Follow up with your child's doctor as directed, even if your child is feeling better.
- 讓孩子將痰液咳在衛生紙中再丟棄。盡可能不要讓孩子把痰液吞下。
- 未諮詢醫生之前，勿自行使用非處方（OTC）止咳藥。孩子必須將痰液咳出。咳嗽是身體清除肺部感染的方法。
- 讓孩子多休息。
- 讓孩子遠離抽菸者。
- 讓孩子堅持喝水。向醫生諮詢喝水量。
- 按時複診。遵照醫囑複診，即使孩子病情好轉也必須如此。

To prevent pneumonia:

- Teach your children to wash their hands before eating and after using the toilet.
- Teach your children to cover their nose and mouth with a tissue or their sleeve when sneezing or coughing.
- Keep your children away from people who are smoking.
- Make sure your children get all of their vaccines or shots :
 - All children, starting at 2 months, should begin a series of vaccines that prevent bacterial pneumonia. Children older than 2 years may need a different vaccine. Check with your children's doctor.
 - To limit your children's risk of pneumonia, have them get a flu shot every fall. You can get pneumonia from the flu.

預防肺炎：

- 教導孩子在進食前與如廁後洗手。
- 教導孩子在打噴嚏或咳嗽時用衛生紙或袖子遮住鼻子與嘴巴。
- 讓孩子遠離抽菸者。
- 確保孩子已接種所有相關疫苗：
 - 所有兒童從兩個月大起，都應接種一系列預防細菌性肺炎的疫苗。兩歲以上的兒童可能需要接種不同的疫苗。請詢問孩子的醫生。
 - 為了降低孩子患肺炎的風險，每年秋季帶孩子接種流感疫苗。流感可能會導致肺炎。

- Make sure your children are eating a healthy diet that includes fruits, vegetables, and whole grain foods.
- Make sure your children are getting plenty of sleep.
- Wash surfaces in the home that are touched often with soap and water or wipe with a disinfectant.

Call your child's doctor right away if your child has:

- Bluish-gray color to fingernails or lips
- Trouble breathing or fast breathing
- Nausea and vomiting
- A fever over 102 degrees F under the arm and is **older than 6 months**
- A fever over 100.4 degrees F under the arm and is **younger than 6 months**
- A fever for more than a few days after starting antibiotics

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

- 讓孩子維持健康的飲食，包括攝取水果、蔬菜與全穀類食物。
- 確保孩子睡眠充足。
- 用肥皂和水家清洗中經常觸摸的表面，或用消毒劑擦拭。

如果孩子出現下列症狀，馬上聯絡醫生：

- 指甲或嘴唇呈藍灰色
- 呼吸困難或呼吸急促
- 噁心嘔吐
- 發燒，腋下溫度超過華氏 **102** 度，且孩子已超過六個月大
- 發燒，腋下溫度超過華氏 **100.4** 度，且孩子不到六個月大
- 開始服用抗生素後，發燒持續數日

若您有任何疑問或擔憂，請諮詢您的醫生或護士。