

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 greater than 101 degrees Fahrenheit or 38 degrees Celsius
- 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.

Upala pluća

Kad imate upalu pluća, zračne kese u plućima su upaljene ili ispunjene sluzi. Upala pluća je uzrokovana bakterijom, virusom ili hemikalijama. Nije čest slučaj prenošenja sa jedne osobe na drugu.

Simptomi upale pluća

- Brže disanje od normalnog ili poteškoće s disanjem
- Bolovi u plućima prilikom disanja ili kašljanja
- Iskašljavanje sluzi koja može biti žuta, zelena ili crvenkasto-smeđa
- Temperatura viša od 101 stepen Ferenhajta ili 38 stepeni Celzijusa
- Drhtanje ili zimica
- Znojenje
- Usne ili nokti poplave

Vaša njega

Vaš ljekar će poslušati Vaša pluća. Možete imati rentgensko snimanje pluća i nalaz kulture sputuma (sluzi) koji se ispita na postojanje bakterija ili mikroba virusa.

- Možete dobiti antibiotike kao pilule ili intravenozno. Pilule uzimajte kako je propisano. Uzimajte sve lijekove dok ih ne potrošite čak i ako se osjećate bolje.
- Možete dobiti lijekove za olakšavanje bola u prsima ili kašlja. Uzimajte lijekove kako je propisano.
- Kao dio Vaše njege, možete dobiti kisik.
- Zbog otklanjanja suzi potrebno je se da se iskašljavate i duboko udišete svaka 2 sata dok ste budni.

- Spit any mucus you cough up into a tissue and throw it away. Do not swallow it. Wash your hands with soap and water to get rid of germs.
- 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.**

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 in addition to your flu vaccine.

Protect Others from Infection

To protect others:

- Stay away from people as much as possible to prevent the spread of pneumonia.
- Wash your hands often with soap and water or use an alcohol based hand sanitizer.
- Avoid touching your eyes, nose or face and then touching other surfaces. This can spread germs. Clean surfaces often to kill germs.
- Wash clothing in very hot water to kill germs.

Call your doctor right away if you have:

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

- Ispjunite svu iskašljanu sluz u maramicu i bacite je. Nemojte je gutati. Ruke operite sapunom i vodom kako bi ubili mikrobe.
- Često se odmarajte.
- Pijte 8 ili više čaša tečnosti svaki dan.
- Hranite se zdravo.
- Nemojte pušiti.
- Nakon tretmana lijekovima posjetite svog ljekara u roku od 7 dana, **čak i ako se bolje osjećate.**

Da ograničite rizik od upale pluća, vakcinišite se protiv gripe svake jeseni. Od gripe možete dobiti upalu pluća. Posavjetujte se sa Vašim ljekarom o vakcinisanju protiv upale pluća pored dobijanja vakcine protiv gripe.

Zaštitite druge osobe od infekcije

Da bi zaštitili druge trebate uraditi slijedeće:

- ne približavajte se drugima koliko god je to moguće kako biste spriječili širenje upale pluća.
- često perite ruke sapunom i vodom ili koristite sredstvo za dezinfekciju ruku na bazi alkohola.
- izbjegavajte da dirate druge površine poslije kontakta ruku s očima, nosom ili licem. Ovo može uzrokovati širenje mikroba. Čistite često površine kako bi ubili mikrobe.
- Odjeću perite u veoma toploj vodi kako bi ubili mikrobe.

Odmah pozovite svog doktora ako imate:

- više problema s disanjem
- visoku temperaturu ili ako groznica traje duže od 1 do 2 dana
- smetenost
- povećan bol u prsima
- mučninu i povraćanje

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

2005 – 9/2010 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Posavjetujte se sa svojim ljekarom ili medicinskom sestrom ako imate bilo kakvih pitanja ili ste u dilemi.

2005 – 9/2010 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Pneumonia. Bosnian.