

肺炎

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.

患有肺炎時，肺泡會充滿感染積液或黏液。細菌、病毒或化學物質都可能引發肺炎。肺炎通常不會透過人際傳染。

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
- Headache
- Loss of appetite
- Feeling very tired
- Feel suddenly worse after a cold or the flu

肺炎的症狀

- 呼吸頻率比平時快或呼吸困難
- 呼吸或咳嗽時胸部會疼痛
- 咳出的黏液可能是黃色、綠色或鐵鏽色
- 發燒超過華氏 101 度或攝氏 38 度
- 發抖或冷顫
- 發汗
- 頭痛
- 食欲不振
- 感到非常倦怠
- 感冒或流感後突然感到病情突然惡化

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.

治療

醫師會進行肺部聽診。可能會拍攝胸部 X 光片，並進行黏液取樣檢查細菌或病毒，此稱為痰液檢體培養。

- 可能施用口服抗生素或靜脈注射抗生素。遵照醫囑服藥。持續服藥直到痊癒，即使覺得病情有好轉也不可停藥。

- 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. 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.

- 可能會給予藥物以緩解胸痛或咳嗽。遵照醫囑服藥。
- 治療時可能使用氧氣設備。
- 不睡覺時每 2 小時咳嗽並深呼吸，以便清除黏液。
- 咳出的任何黏液用紙巾包好後丟棄。不要嚥下。用肥皂與清水清洗雙手，去除病菌。
- 多休息。
- 每天至少飲用 8 杯液體。
- 保持健康飲食。
- 不要抽菸。
- **即使病情好轉**，也要在七天內回診。

為了降低感染肺炎的風險，每年秋季接種流感疫苗。流感可能會導致肺炎。除流感疫苗外，與醫師討論額外接種肺炎疫苗。

防止感染他人

為保護其他人：

- 盡可能與人保持距離，以防散布肺炎。
- 常用肥皂與清水洗手，或使用含酒精的洗手液。
- 避免接觸眼、鼻、臉部後再觸摸其他物體表面。這樣可能會散布病菌。經常清洗物體表面以殺死病菌。
- 用高溫熱水洗衣服，殺死病菌。

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

Talk to your doctor or nurse if you have any questions or concerns.**如有以下狀況，立刻聯絡醫師：**

- 呼吸問題加劇
- 發高燒或高燒持續 1 到 2 天
- 意識不清
- 胸痛加劇
- 噁心嘔吐

若您有任何疑問或擔憂，請諮詢您的醫生或護士。