

## How can you help?

- Discuss your goals of care and treatment options with your healthcare team.
- Make an advance care plan with what your wishes are for health care.
- Help stop the spread of germs:
  - ✓ Cough or sneeze into a tissue, throw away the used tissue, and clean your hands.
  - ✓ If you don't have a tissue, turn away from people and cough or sneeze into your shoulder or sleeve.
- Get your vaccine shots to prevent pneumonia and the flu.
- Tell us right away if you are notice any signs of pneumonia.

[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

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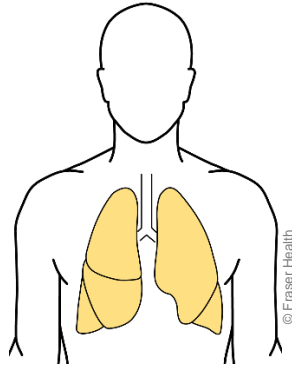
## About Pneumonia

Long-Term Care



## What is pneumonia?

Pneumonia (say *new-moan-yah*) is an infection in one or both lungs.



You can get pneumonia from breathing in germs (viruses or bacteria).

When you have a pneumonia, the air sacs in your lungs fill with fluid. This makes it hard to breathe.

## Is pneumonia serious?

Yes, it is a serious health problem, especially among the older adults.

Pneumonia can come on quickly and get worse very fast. It is important to treat it as soon as possible – before it gets worse.

## What are the signs of pneumonia?

The most important sign is rapid breathing. Other signs are:

- a fever
- a cough
- feeling short of breath
- lips turning blue
- cold hands and feet that is new for the person
- chest pain

## How is pneumonia treated?

We will encourage you to rest and drink plenty of fluids (especially water). Some people need added oxygen.

We also give antibiotics when the infection is caused by bacteria. Antibiotics do not work when the infection is caused by a virus such as influenza (the flu). Instead, we might give an antiviral medicine.

## Is going to the hospital needed?

Most of the time, pneumonia can be treated at your care home.

If it is within your goals of care, you might want to be taken to the hospital if:

- your condition is not improving
- you have a life-threatening complication

### A note about antibiotics

Antibiotics are not needed for a sore throat, a cough, or the common cold.

Taking antibiotics when they are not needed can lead to other serious health problems such as diarrhea and yeast infections. It could also mean that any future infections are harder to treat.