

Staying Healthy Learn about Bronchitis and Pneumonia



CALIFORNIA DEPARTMENT OF DEVELOPMENTAL SERVICES



DDS SafetyNet

Helping assure that Californians with
developmental disabilities are safe and healthy

Bronchitis and Pneumonia

- Are caused by germs (virus and bacteria)
- Can be very serious
- May last longer than a cold or flu



Bronchitis and Pneumonia can affect your

- Nose
- Throat
- Lungs
- Tubes that bring air to
your lungs
(Bronchial tubes)



Keep from getting sick with Bronchitis or Pneumonia

- Take good care of yourself when you get a cold or the flu.
- Wash your hands often with soap and water.



Pneumonia

germs get into your lungs

If you have pneumonia you will

- Have a high fever
- Feel very tired and weak
- Have shaking or chills



**If you have these symptoms,
call the doctor right away.**

Pneumonia can make you very sick.

Pneumonia

germs get into your lungs

If you have pneumonia, you will

- Feel short of breath
- Have a cough with mucus
- Have chest pain that hurts when you cough or breath



**If you have these symptoms,
call the doctor right away.**

Pneumonia can make you very sick.

Bronchitis germs get into the tubes that carry air to your lungs

If you have bronchitis, you will

- Have a cough
- Have a fever
- Feel tired



**If you have these symptoms,
call the doctor.**

Bronchitis can make you very sick.

Bronchitis germs get into the tubes that carry air to your lungs

If you have bronchitis, you will

- Have tightness or burning pain when you breath deeply
- You may feel short of breath



**If you have these symptoms,
call the doctor.**

Bronchitis can make you very sick.

Feeling better with Bronchitis or Pneumonia

- Tell your support person you are sick.
- You may need help until you feel better.



Feeling better with Bronchitis or Pneumonia

- Drink lots of liquids like water, juice, tea, or soup.



Feeling better with Bronchitis or Pneumonia

- Get extra rest and sleep.
- If you smoke, **STOP.**



Feeling better with Bronchitis or Pneumonia

- Take the medication the doctor gives you.
- Follow the directions the doctor gives you.
- Take care of yourself!



Feeling better with Bronchitis or Pneumonia

- Stay home and take care of yourself



REMEMBER!

To keep from getting sick

- Wash your hands often
- Get a yearly flu shot

