

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.

如果患有肺炎，肺泡会充斥着感染积液或粘液。肺炎是由细菌、病毒或化学品导致的。人际传播并不常见。

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

肺炎的症状

- 呼吸频率比平常快，或存在呼吸困难
- 呼吸或咳嗽时胸部疼痛
- 会咳出粘液，粘液可能为黄色、绿色或铁锈色
- 发热超过华氏101度或摄氏38度
- 发抖或冷颤
- 出汗
- 头痛
- 食欲不振
- 感到非常疲倦
- 患感冒或流感后感觉病情突然恶化

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.

医疗

医生将听诊您的肺部情况。您可能需要进行胸部X光检查，并提取您的粘液样本，通过痰液培养检测细菌或病毒。

- 您可能以药片或输液（静脉）形式使用抗生素。遵医嘱服药。在痊愈前服用所有药物，即使您感觉有所好转。

- 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.

- 您可能获得缓解胸部疼痛或咳嗽的药物。遵医嘱服药。
- 治疗过程中可能输氧。
- 您需要在醒着时每隔2小时咳嗽并深呼吸，以清除粘液。
- 将您咳出的任何粘液吐到纸巾上，并将其丢弃。不要吞下。用肥皂和水洗手，以清除病菌。
- 多休息。
- 每日饮用8杯或更多液体。
- 健康饮食。
- 不要吸烟。
- 在7天内向医生复诊，**即使您感觉有所好转。**

为了降低患肺炎的风险，每年秋季注射流感疫苗。您可能因流感患上肺炎。与医生讨论除流感疫苗以外接种肺炎疫苗的事宜。

保护他人免受感染

保护他人：

- 尽量远离人群，以避免传播肺炎。
- 经常用肥皂和水或醇基洗手液洗手。
- 避免在触摸双眼、鼻子或面部后触摸其他表面。此举可传播病菌。经常清洁表面，以杀死病菌。
- 用高温热水洗衣，以杀死病菌。

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.

若有下列现象，请立即联系医生：

- 呼吸问题恶化
- 发高烧或发热持续超过1到2天
- 思维混乱
- 胸痛加剧
- 恶心和呕吐

如果有任何疑问或担心，请咨询医生或护士。