

Pneumonia

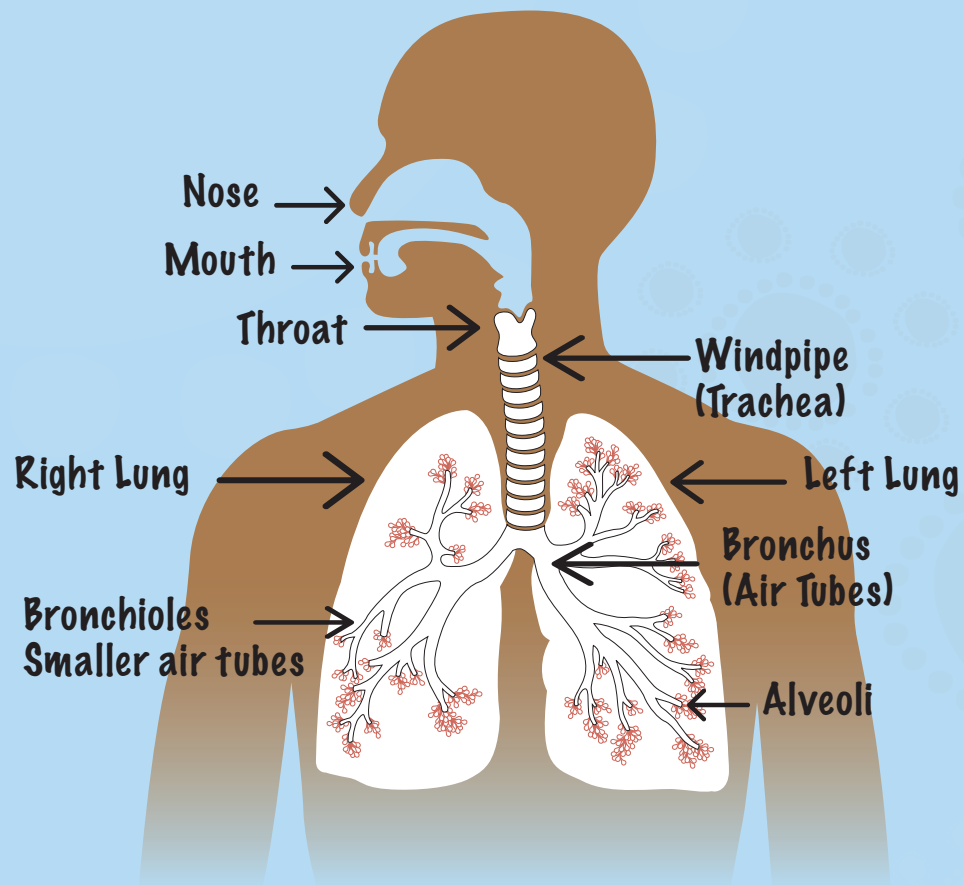


The lungs

- You have two lungs.
- They sit inside your chest, above your stomach and surround your heart.
- The lungs have a very important job inside your body.



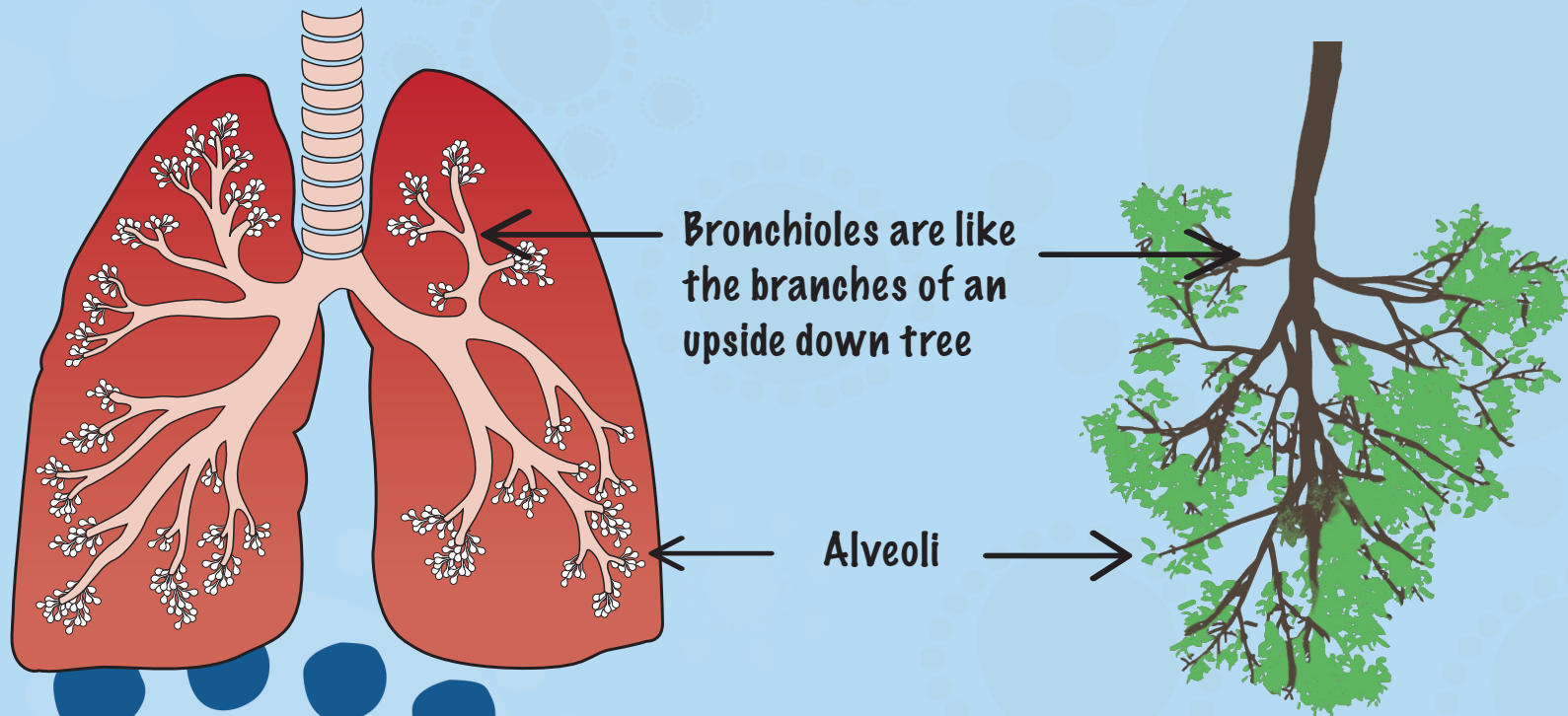
The lungs



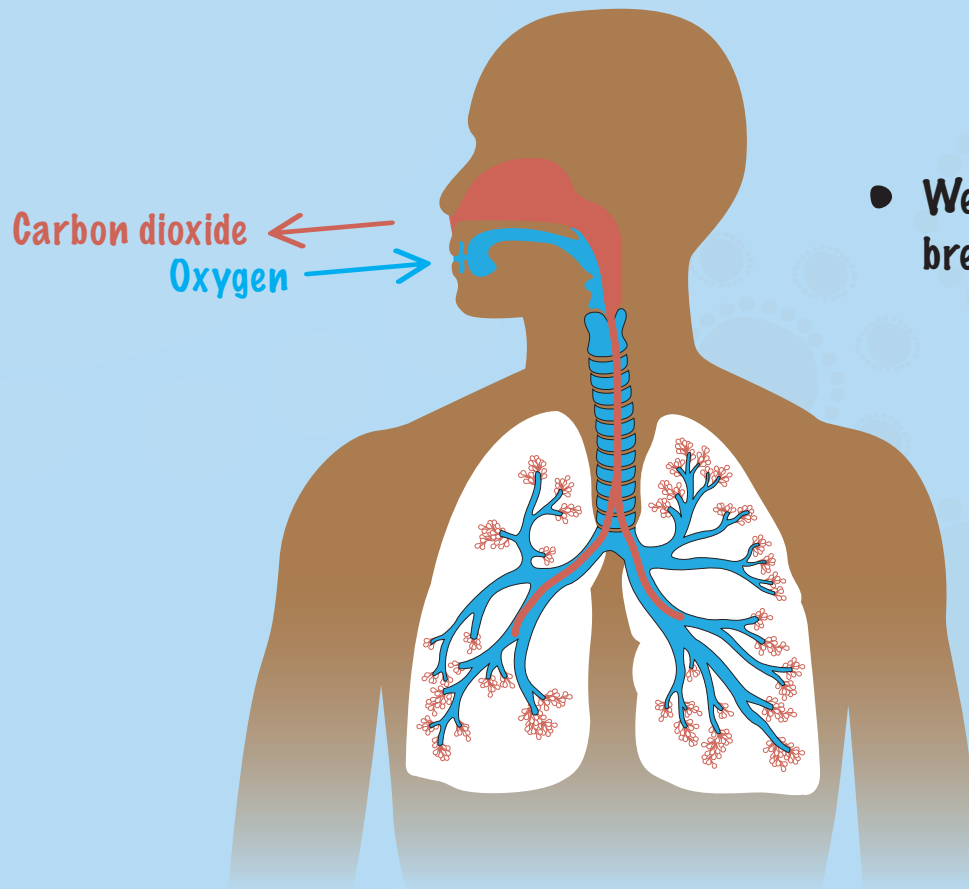
- When we breathe in air it enters our body as oxygen.
- The air enters in through our mouth/nose and travels down our main windpipe (trachea).
- The wind pipe then divides into two smaller air tubes.
- One air tube goes into the left lung and one into the right lung (left and right bronchus).
- The air tubes then branch out into smaller air tubes (bronchioles).

The lungs

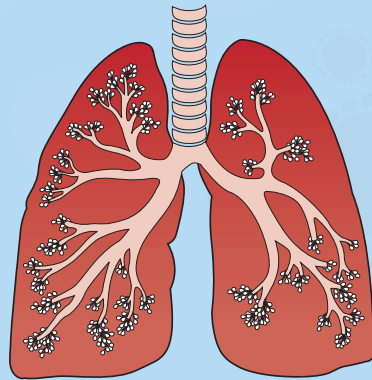
- The smaller air tubes (bronchioles) look like the branches of an upside down tree. At the end of the bronchioles are tiny little air sacs that look like tiny bunches of grapes, these are called alveoli.
- The air sacs (alveoli) have an important job of giving the good air (oxygen) to our blood and taking the used air (carbon dioxide) out.



The lungs

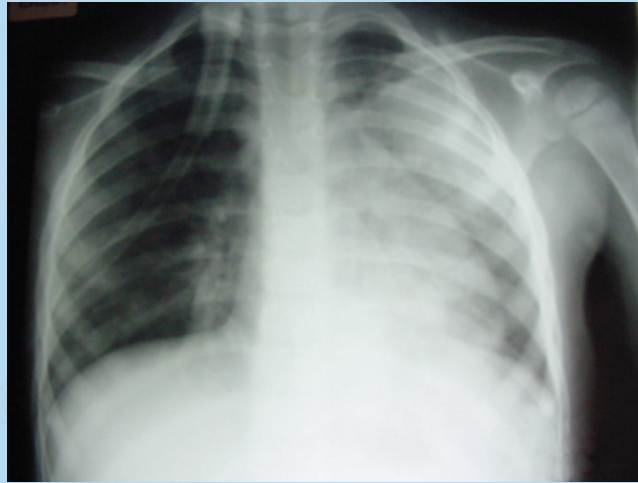


- We breathe in good air called **oxygen** and we breathe out used air called **carbon dioxide**.
- The good air (**oxygen**) we breathe goes into our lungs then goes into our blood. **Oxygen** gives our body energy to work properly.



Pneumonia

What is pneumonia?



pneumonia

- Infection causing inflammation (swelling) in parts of the lungs.
- The air sacs (alveoli) get filled with fluid. This slows down the air moving in and out of the lungs.

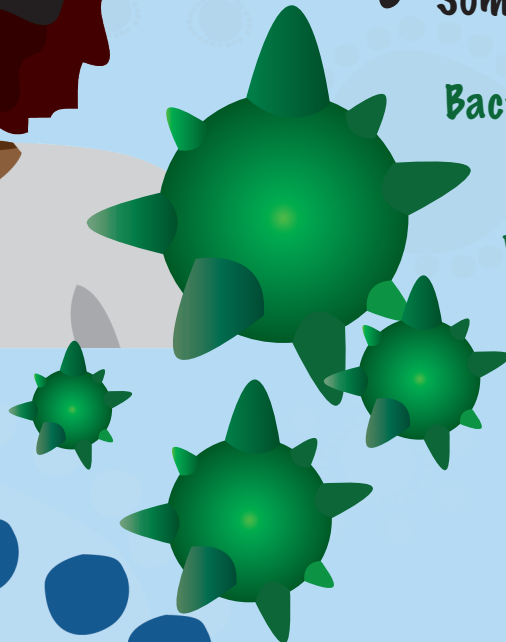
What causes pneumonia?



- Can sometimes be caused by a cold or flu which allows the germs to enter the lungs.
- The germs that cause pneumonia can be spread to other people by coughing or sneezing.
- Some of the germs are:

Bacteria

Viruses



Risks for causing pneumonia

- Too many people living in one house (overcrowding).
- Poor diet.
- Poor hygiene.
- Tobacco/smoke and camp fire smoke.



Signs and symptoms

- Cough
- High Temperature
- Fast breathing
- Tiredness
- Weakness
- Not eating well

You might have only one (1) of these signs and symptoms, or you might have all..... **EVERYONE** is different.



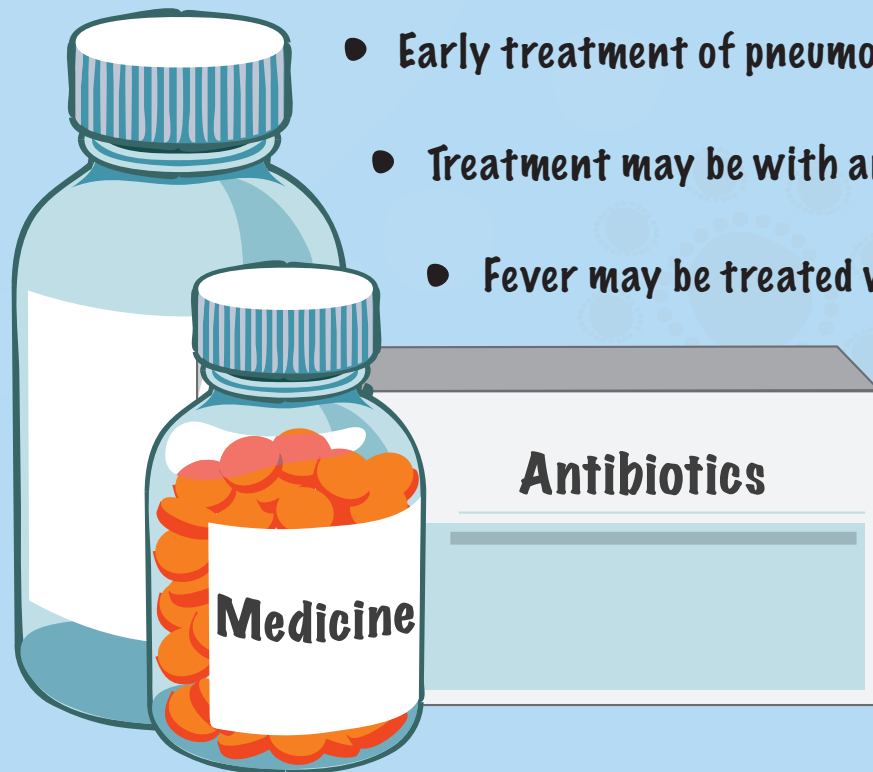
How is pneumonia diagnosed?

There are tests that can help your doctor/nurse decide if you have pneumonia:

- Check up – listen to the chest.
- Chest x-ray – picture of the lungs.
- Blood test.



Treatment



- Early treatment of pneumonia is important.
- Treatment may be with antibiotic medicine or needles.
- Fever may be treated with panadol.
- Rest and fluids is also important.
- To get better it is very important to finish antibiotic medicine.

How long will I be sick?

- You might have a cough and feel unwell for a short while.
- If the cough is still there after 2 weeks or you think it is worse, then go to your clinic.



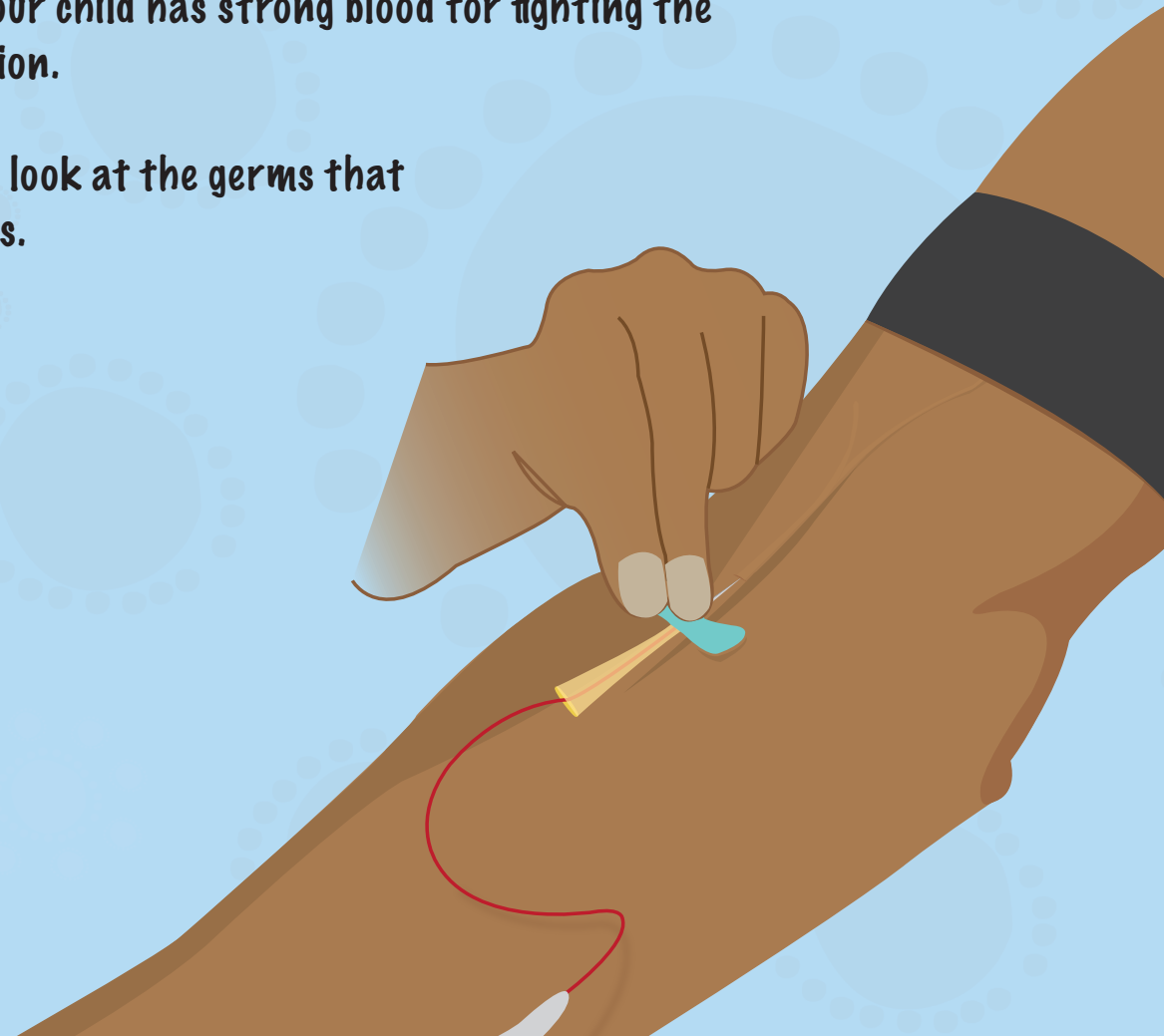
What if my child needs to go to hospital?

- If your child does not get better with medication, they might need to come into hospital to have some stronger medicine in a drip.
- They might need to stay in hospital for one or two weeks. Your nurse or doctor will help answer any questions you may have.



Tests your child might have in hospital

- Blood test to see if your child has strong blood for fighting the germs causing infection.
- Nose/throat swab to look at the germs that are causing infections.
- Chest x-ray.



Ways to help improve your child's lungs

- Regular visits to your community health clinic for check ups.
- Take and finish your medications when you become unwell.
- Plenty of exercise and playing.
- Plenty of good food.



Ways to help improve your child's lungs

- Breastfeeding to help make your baby strong.
- Keep immunisations up-to-date.



Things to remember

- Nose blowing and coughing can help get rid of spit. Use tissue or toilet paper to stop germs from spreading.
- Keeping hands, face and skin clean will help stop germs from spreading.
- Avoid smoking around children, especially in cars and inside the house.
- Keep children away from open fire/smoke.



Why are healthy lungs important?

- The lungs in children are still growing, so we have to look after them.
- Lung sickness is one of the most common reasons why Aboriginal and Torres Strait Islander people need to go to hospital.
- Having strong lungs helps children to grow, live longer, play and learn.



Acknowledgments



The Pneumonia flipchart was developed in consultation with Menzies School of Health Research, The Australian Lung Foundation, Asthma Foundation Northern Territory and the Menzies School of Health Research Indigenous Reference Group.



To order more resources or to provide feedback please email: lunginonet@menzies.edu.au or phone (08) 89228196.

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