

## PNEUMONIA

Pneumonia (inflammation of the lung) is a serious respiratory condition. Pneumonia can be a complication of other illnesses and can occur throughout the year. Infants and young children who experience common respiratory viruses and are exposed to second-hand tobacco smoke are at increased risk of developing bronchiolitis, bronchitis, pneumonia, and middle ear infections.

<b>CAUSE</b>	Many different viruses, most commonly respiratory syncytial virus (RSV) and influenza virus, and some bacteria. Most of these viruses or bacteria can cause other illnesses, and not all persons exposed to them will develop pneumonia. Physical and chemical irritants may also cause pneumonia.
<b>SYMPTOMS</b>	May have runny nose, mild cough, and fever several days before developing pneumonia. Rapid breathing, chest pain, cough, and usually fever will occur.
<b>SPREAD</b>	Viruses and bacteria are spread from person-to-person by touching the secretions from the nose and mouth of an infected person. Spread may also occur by touching the hands, tissues, or other items soiled with nose and mouth secretions from an infected person and then touching your eyes, nose, or mouth.
<b>INCUBATION</b>	Depends upon the germ that is causing the illness.
<b>CONTAGIOUS PERIOD</b>	From shortly before symptoms begin and while the child feels sick.
<b>EXCLUSION</b>	<u>Childcare</u> and <u>School</u> : Until fever is gone and the child is well enough to participate in routine activities.
<b>DIAGNOSIS</b>	Recommend parents/guardians call their healthcare provider if their child has a high fever or persistent sore throat or cough.
<b>TREATMENT</b>	The healthcare provider will decide if treatment is needed.

**DO NOT GIVE ASPIRIN or SALICYLATE-CONTAINING MEDICATIONS TO ANY CHILD OR ADOLESCENT UNDER 18 YEARS OF AGE.**

### PREVENTION/CONTROL

- Cover nose and mouth with a tissue when coughing and sneezing or cough/sneeze into your sleeve. Dispose of used tissues.
- Wash hands thoroughly with soap and warm running water after touching the secretions from the nose or mouth. **Thorough handwashing is the best way to prevent the spread of communicable diseases.**
- DO NOT share cups, glasses, or eating utensils.
- Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled. Clean and sanitize dishes and silverware after each use. (See pgs 34-36.)

For more information, call Hennepin County HSPHD-Epidemiology at (612) 543-5230 or call your local health department.