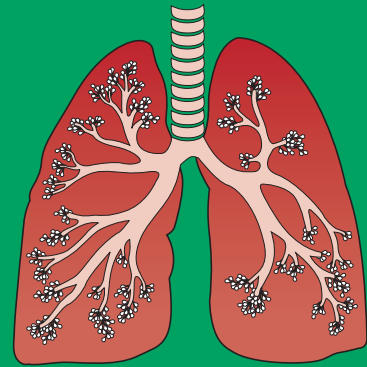


Pneumonia



In Partnership

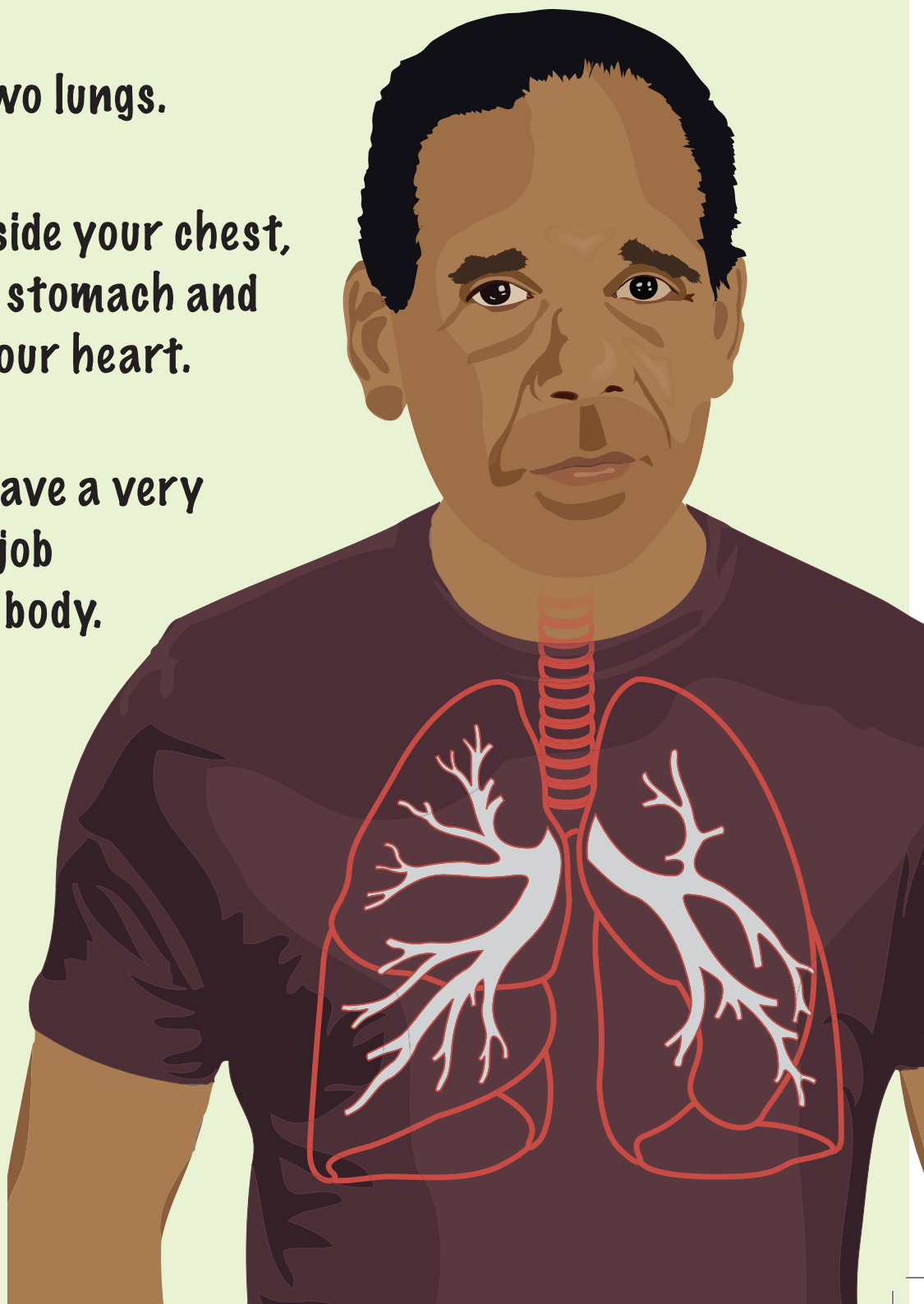


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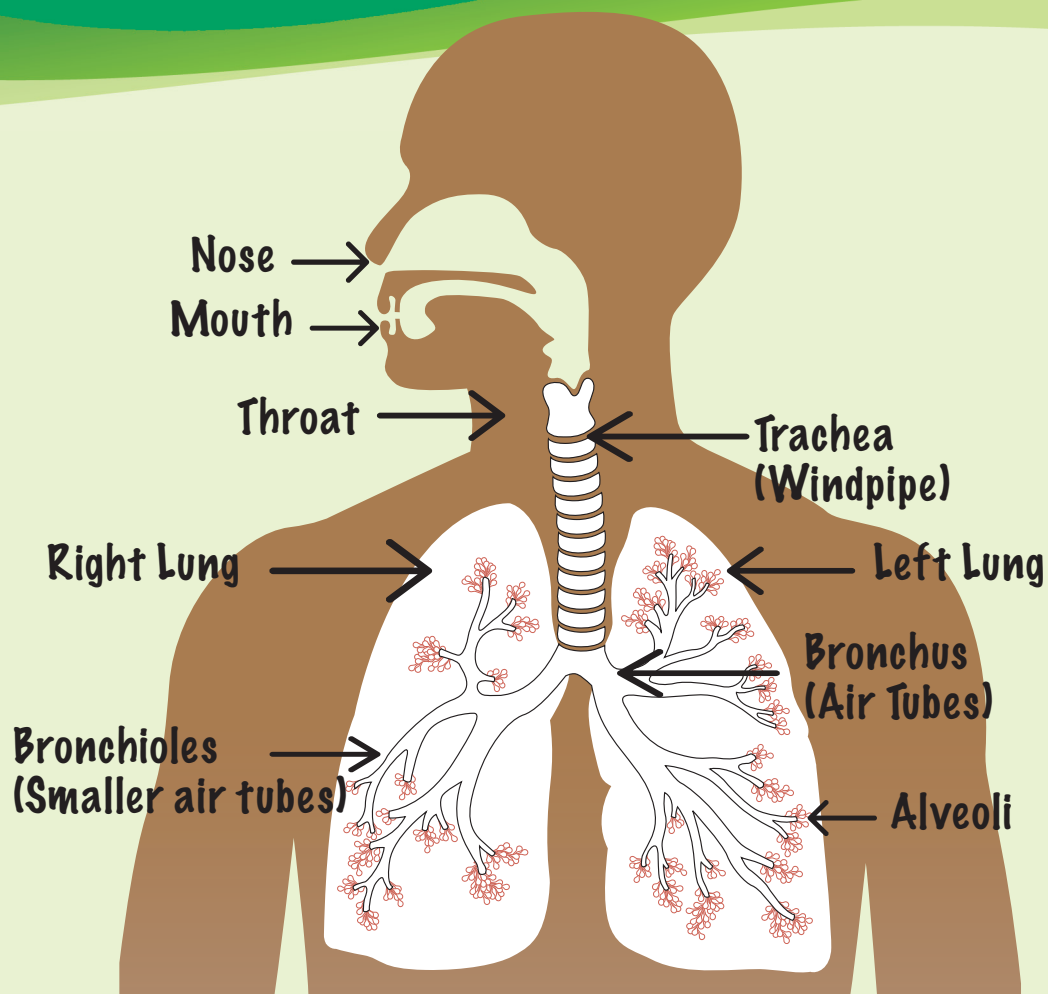


The Lungs

- 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.



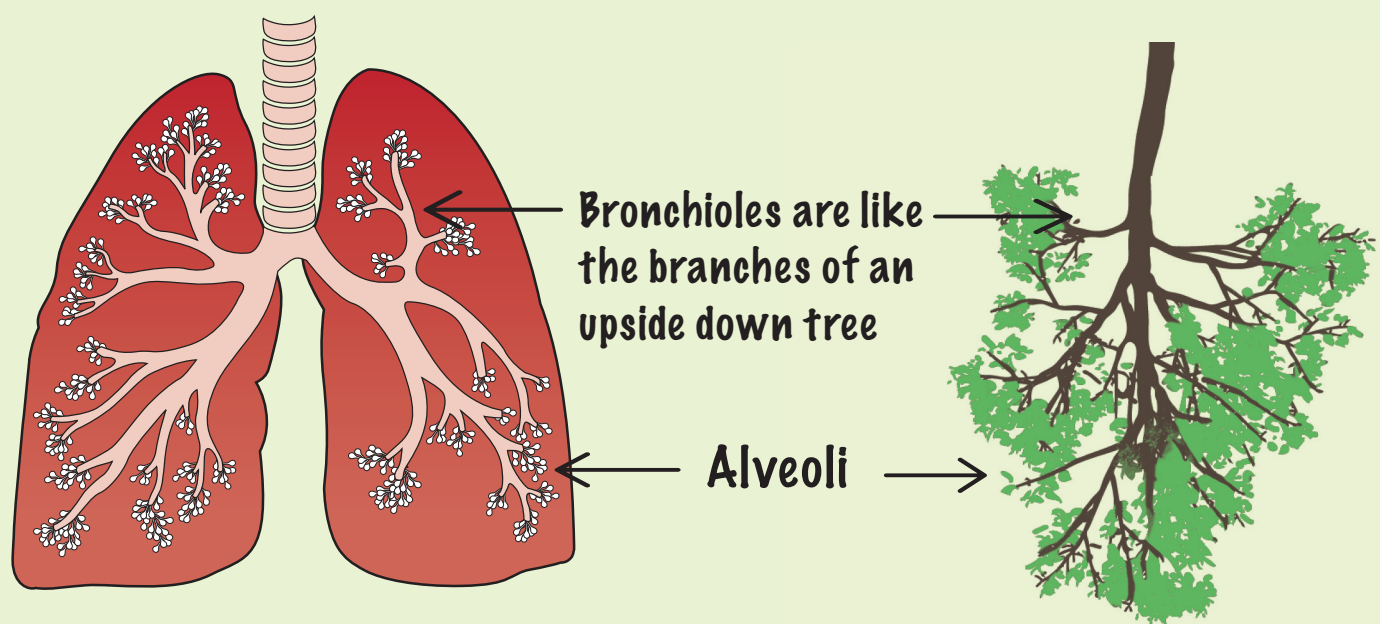
The Lungs



- When you breathe in, air enters the lungs.
- The air enters in through your mouth/nose and travels down your windpipe.
- 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 air travels through the lungs and enters the body as oxygen.

The Lungs

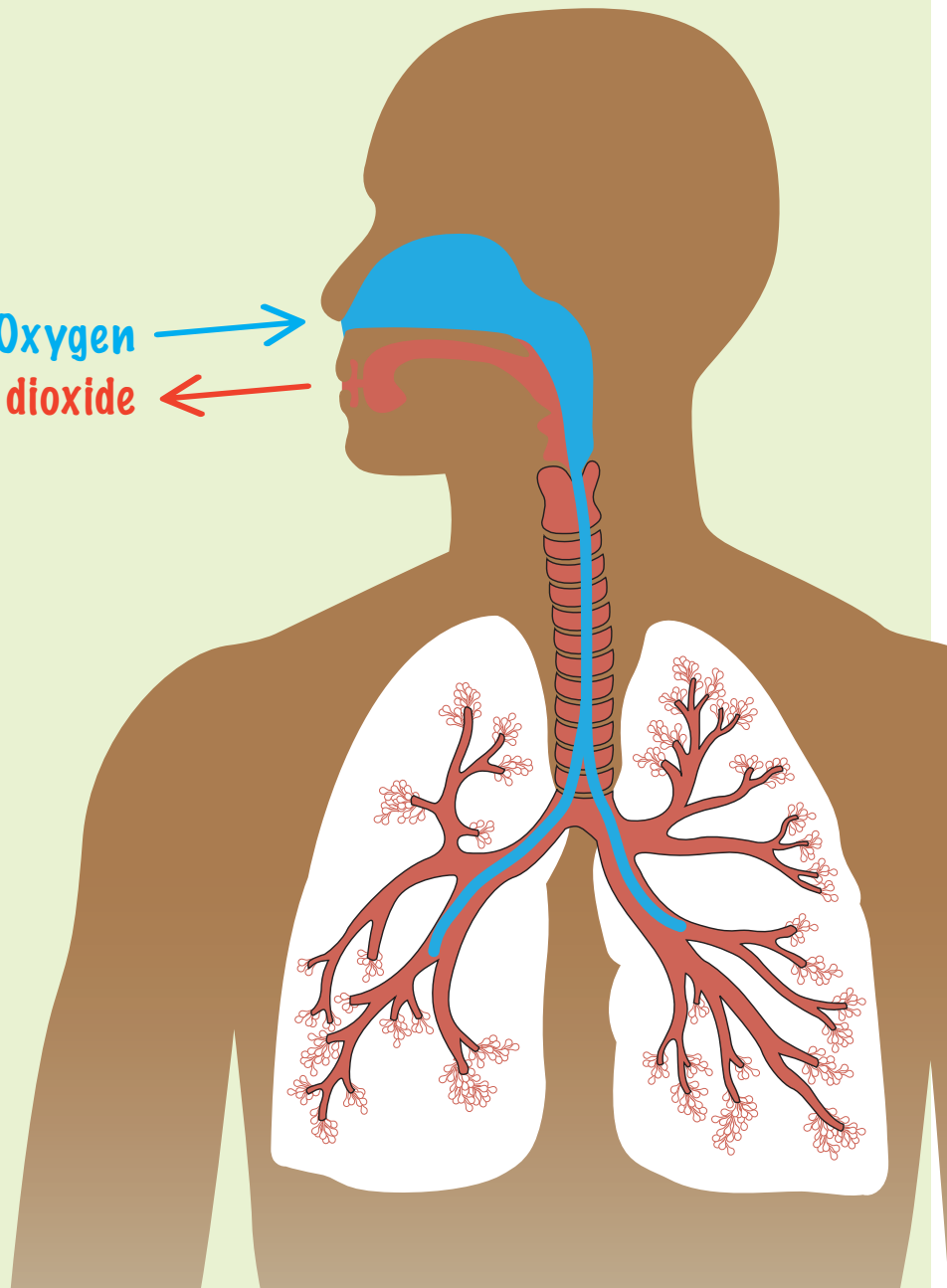
- The smaller air tubes (bronchioles) look like the branches of an upside down tree. At the end of the bronchioles are tiny little air sacs that look like tiny bunches of grapes, these are called alveoli.
- The air sacs (alveoli) have an important job of giving the good air (oxygen) to your blood and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



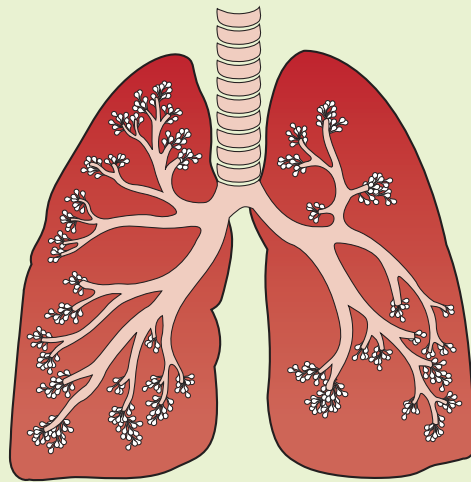
The Lungs

Oxygen →
Carbon dioxide ←

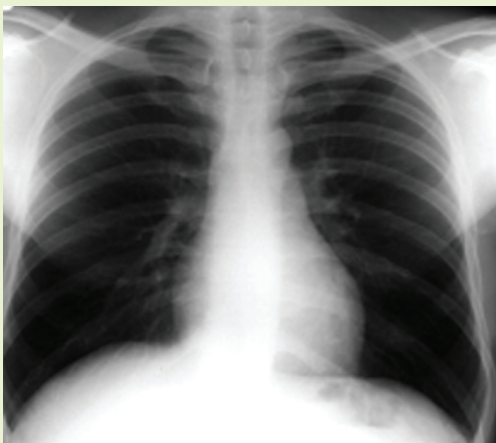
- You breathe in good air called **oxygen** and you breathe out used air called **carbon dioxide**.
- The good air (**oxygen**) you breathe goes into your lungs then goes into your blood. **Oxygen** gives your body energy to work properly.



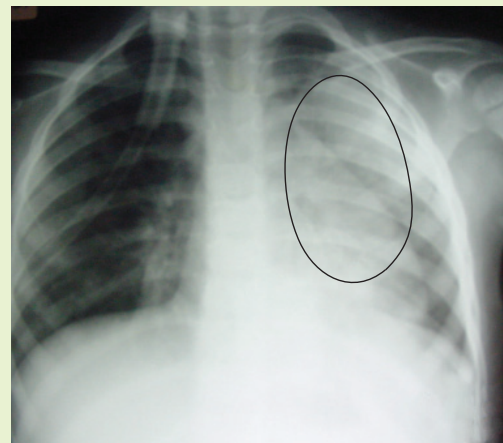
Pneumonia



What is pneumonia?



X-ray of a normal lungs



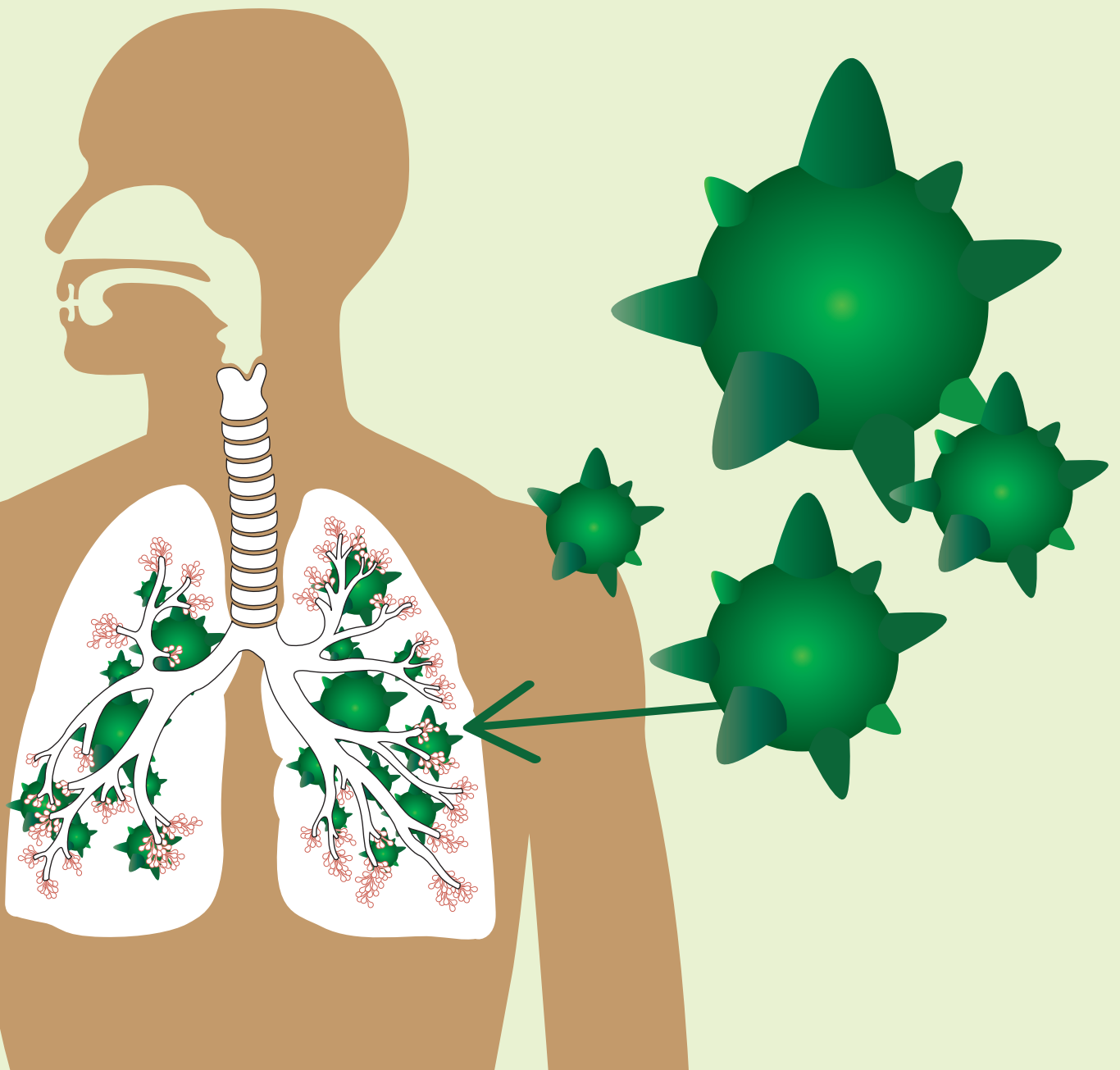
X-ray of lungs with pneumonia

- **An infection causing swelling in parts of your lungs.**
- **The air space inside your lungs get filled with pus/fluid.**
- **This slows down the air moving in and out of your lungs which makes you get short wind.**

What causes pneumonia?

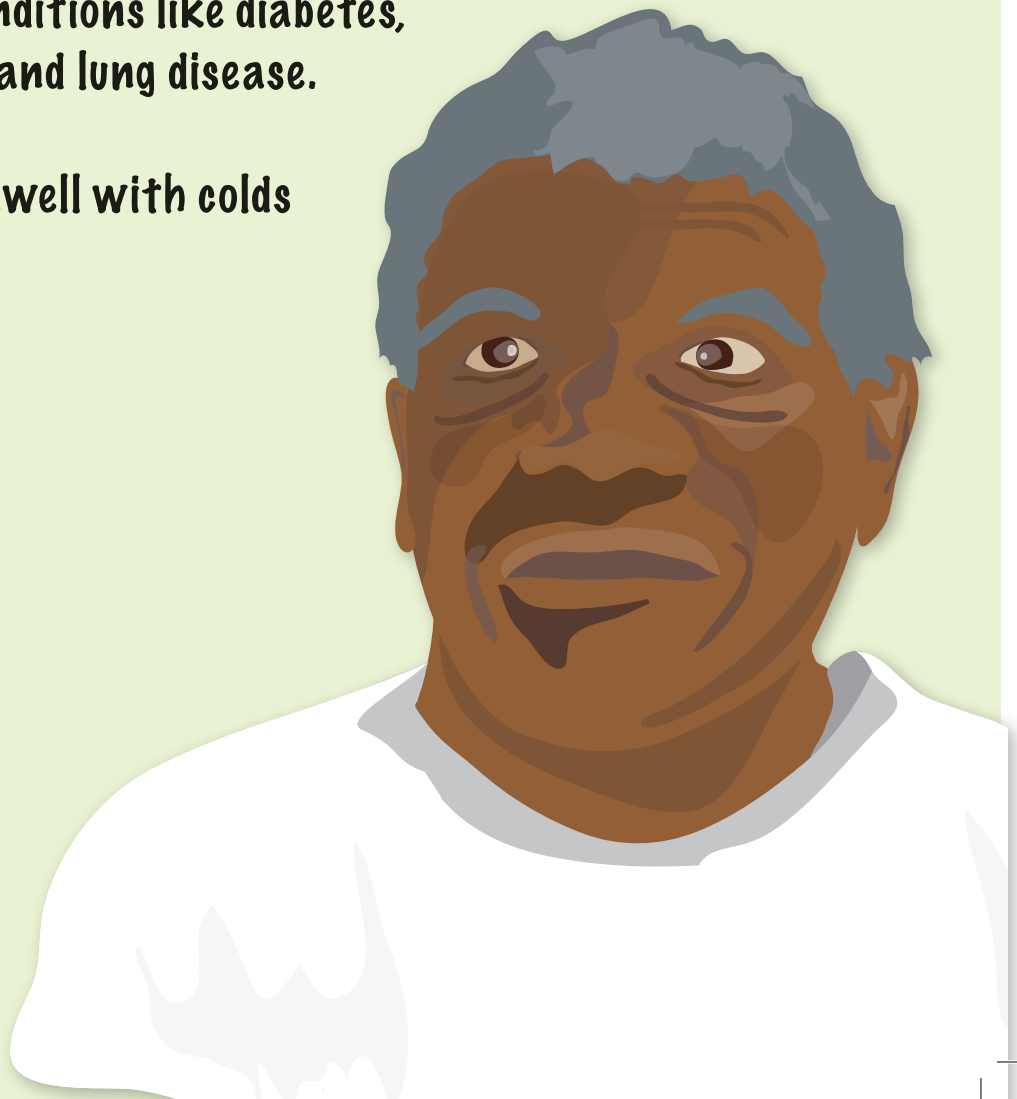
Different types of germs:

- **Bacteria**
- **Viruses**



Risks for pneumonia

- Older people.
- People who smoke.
- People who drink a lot of alcohol.
- Poor diet.
- Other medical conditions like diabetes, heart conditions and lung disease.
- People who are unwell with colds and flu sickness.



Signs and symptoms

- Cough - sometimes with spit.
- Fevers.
- Short wind.
- Fast heart rate.
- Chest pain on breathing.
- Tiredness.
- Weakness.
- Confusion in older people.

You might have only one of these signs and symptoms, or you might have all..... everyone is different.



What tests will be done?

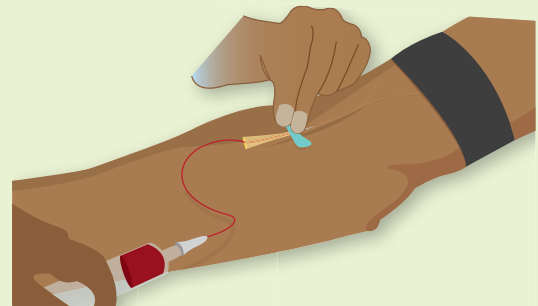
There are tests that can help your doctor, nurse or health worker decide if you have pneumonia:

Medical story

- Temperature, pulse, respiratory rate, blood pressure.
- Listen to your chest.
- Chest x-ray.
- Blood test.
- Spit test.
- Oxygen test.



Oxygen test



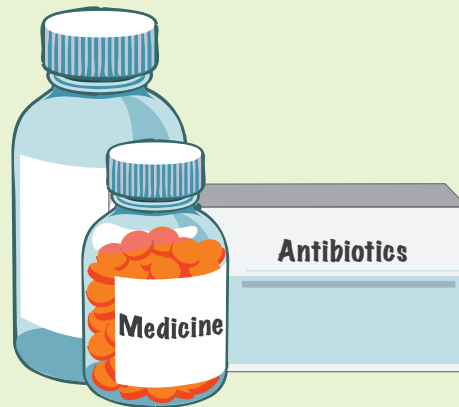
Blood tests



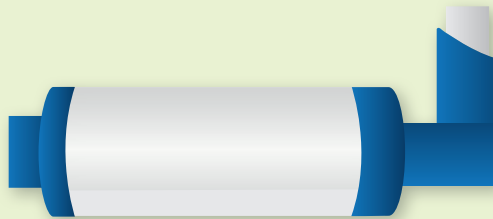
Chest examination

Treatment

- Antibiotic medicine – tablets, needle or in a drip.



- Puffers and spacers if you have wheezing.



- Oxygen to help treat low oxygen levels in the blood.

- Pain medicine.

- Drink plenty of water.

- Lots of rest.



How long will I be sick?

It is hard to tell how long you will be sick.

A person with pneumonia usually starts to feel better after a few days of antibiotic medicine. But you still need to take the medicine until it is finished.

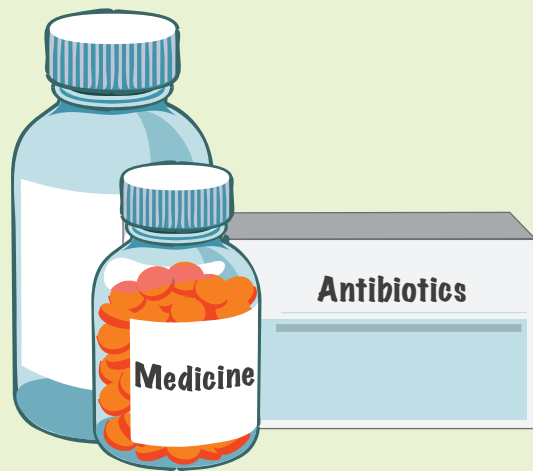
Go back to the clinic/hospital if after a few days if you are still:

- **Feeling hot.**
- **Have more short wind.**
- **Spit changes colour to yellow/green.**
- **Not eating or drinking well.**

Some people get very sick and have to go to hospital and have stronger medicine in a drip.

What do I do after the doctor tells me I have pneumonia?

- Your doctor will give you some antibiotic medicine to take. Some people stop taking the medicine before it is finished because they feel better. This is not good as the pneumonia can come back.



- After you have finished all your medicine and feeling better, it is important to go and see your doctor for a check-up to make sure the pneumonia is gone.



Ways to help improve your lungs

Quit smoking/
try to stop.



Avoid alcohol.



If you are older or 'at risk',
have a yearly flu needle.

Keeping hands, face and
skin clean will help stop
germs from spreading.

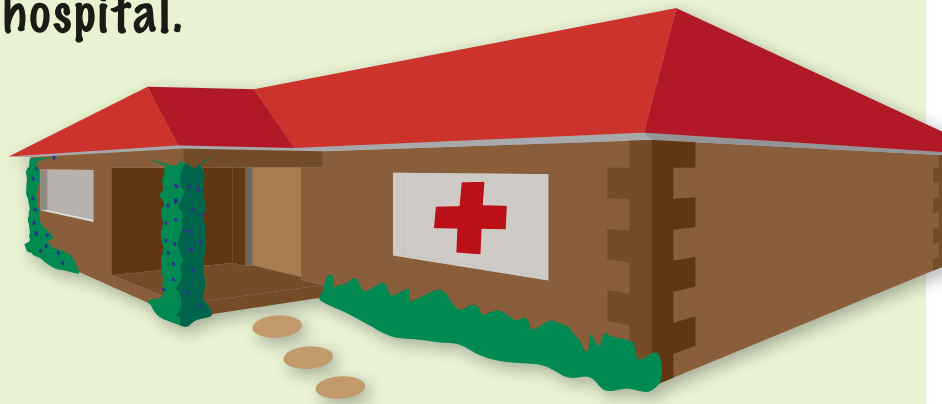


Good tucker.



Why are strong lungs important for you?

If you have sick lungs you can spend a lot of time in hospital.



Strong lungs can help you to enjoy your life.



Acknowledgments

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- Menzies Child Health Division, Indigenous Reference Group
- Chronic Obstructive Pulmonary Disease (COPD) Work Group, Queensland Health Statewide Respiratory Clinical Network
- The Asthma Foundation Northern Territory
- The Australian Lung Foundation
- Department of Health and Families, Northern Territory Government

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