

Sick Lungs

Chest infection (germs in your lungs) and if it gets worst, it can be **Pneumonia** (rubbish in your lungs). It can make you very sick and kill you.

If you get pneumonia too many times lungs stay sick forever that's called **Bronchiectasis**.



Give up Smoking

More chance of Chest infection & Pneumonia if you smoke



Lungs stay stronger if you don't smoke

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**Sick Lung
Strong Lung
Story**



**Sick Lungs
(With rubbish)**



**Strong Lungs
(No rubbish)**





- Short of breath
- Can't run or walk far
- Can't keep up
- Coughing
- **Go to Clinic**



- Don't feel like eating or drinking.
- **Go to Clinic**



- Noisy or wheezy breathing
- **Go to Clinic**



- Coughing
- Tight chest or heavy chest
- **Go to Clinic**



- More spit (Children 4 & Over)
- Spit changes colour green, yellow or red (blood)
- **Go to Clinic**



- Fever, High temperature
- Feeling hot, sweaty & shaky
- **Must go to Clinic straight away**



- Take your medicine until all finished even when you're feeling better. Otherwise the strong germs won't get killed and you can get sicker.



- Blow your nose into a tissue
Cover your mouth with a tissue when you cough.



- If you're not feeling better after taking the medicine for 1 or 2 days go back to Clinic. You might need different or stronger medicine.
- When you have finished the medicine go back to clinic to check all the infection is gone