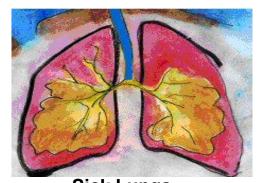
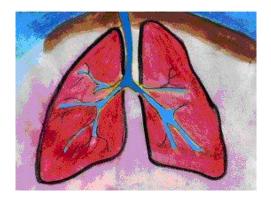
## **Sick Lungs**

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**.



Sick Lungs (With rubbish)



Strong Lungs (No rubbish)



Give up Smoking

More chance of Chest infection

& Pneumonia if you smoke



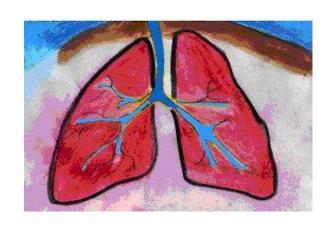
Lungs stay stronger if you don't smoke

Pamphlet produced by Alice Springs Hospital Erik Tikoft, Respiratory Educator

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Sick Lung
Strong Lung
Story





- 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