

Other symptoms may include headache, loss of appetite, and being extremely tired.

Some types of pneumonia can be prevented with a pneumonia vaccine. The pneumonia vaccine is usually given one time, and not every year like the flu vaccine. Another way to prevent pneumonia is to get the flu vaccine every year. If you think you have pneumonia, please see your doctor immediately.

TO AVOID BRONCHITIS, THE FLU, AND PNEUMONIA...

- Wash your hands often
- Get vaccinated
- Avoid touching people who have the flu
- Stay home from work and school when you are sick to avoid spreading the diseases
- Cover your nose and mouth with a tissue when you cough or sneeze
- Eat fruits and vegetables, and get lots of rest
- Wash your hands before touching your eyes, nose, and mouth
- Keep your house free of dust

For more information on the Internet about bronchitis, influenza and pneumonia, please visit:

www.lungusa.org

www.cdc.gov

www.kidshealth.org

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Information for this brochure was adapted from resources and materials from:

Centers for Disease Control

The American Lung Association

The Iowa Department of Public Health

San Antonio Community Hospital.

*New York State Department of Health
The Nemours Foundation*

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Common Respiratory Illnesses

(Bronchitis, Influenza and Pneumonia)



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WHY SHOULD I BE CONCERNED ABOUT RESPIRATORY ILLNESSES?

In the United States, respiratory illnesses are common during the cold months. Respiratory illnesses can make you very sick. Some respiratory illnesses can kill children or the elderly.

WHAT IS BRONCHITIS?

Bronchitis is when mucus fills the windpipe to the lungs, and makes it difficult for a person to breathe.

The symptoms of Bronchitis are:

- Cough that produces mucus
- Headache
- Fever
- Difficulty breathing
- Chills

“A cute bronchitis” usually occurs with a severe cold or another respiratory illness. Acute bronchitis can go away after drinking lots of fluids and resting. Bronchitis can not be cured or prevented by a shot. There are medicines that can make someone with bronchitis feel better. Bronchitis that lasts longer than three months and more than 2 years is called “chronic bronchitis”. Chronic bronchitis is caused by smoking or working in an area with industrial dust. The best way to treat chronic bronchitis is to stop smoking and avoid exposure to industrial dust.

If you think you have bronchitis please go to your doctor for treatment and advice.

WHAT IS INFLUENZA?

Influenza or the “flu” is caused by germs that infect the nose, throat and lungs. The symptoms of the flu are:

- high fever,
- headache,
- being extremely tired,
- dry cough,
- sore throat,
- runny or stuffy nose,
- nausea, vomiting, or diarrhea,
- muscle aches, and
- body aches.



The flu is spread from person to person through coughing and sneezing. There are people who can become very sick from the flu and even die. These people include:

- children aged months to years,
- pregnant women,
- people who are 50 years of age and older,
- people with HIV/AIDS, asthma, or lung, kidney or heart disease.

The best way to prevent the flu is getting a flu vaccine. Most cases of flu occur in December and January, so it is best to get vaccinated in October or November.

Children six months or less are too young to be vaccinated, so mothers and family members should get vaccinated to prevent the spread of the flu to the baby. If you think you have the flu please see your doctor immediately.

WHAT IS PNEUMONIA?

Pneumonia is similar to the flu, but is an infection of the lungs. Pneumonia usually occurs with the flu. Pneumonia can cause death in the very young, elderly, HIV/AIDS infected, and people who are very sick.

The symptoms of pneumonia are:

- Cough with mucus
- Fever with chills
- Chest pain
- Difficulty breathing