

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.

CAUSE

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.

SYMPTOMS

May have runny nose, mild cough, and fever several days before developing pneumonia. Rapid breathing, chest pain, cough, and usually fever will occur.

SPREAD

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.

INCUBATION

Depends upon the germ that is causing the illness.

CONTAGIOUS PERIOD

From shortly before symptoms begin and while the person feels sick.

DIAGNOSIS

Recommend parents/guardians call their healthcare provider if their child has a high fever or persistent sore throat or cough.

EXCLUSION

Childcare and School: Until fever is gone, and the child is well enough to participate in routine activities.

TREATMENT

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 hand washing 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.

For more information, please contact your local health department.

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-434-1690 & 775-887-2190 (after hours)

[Central Nevada Health District](#) (Churchill, Mineral, Eureka, Pershing Counties) 775-866-7535

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

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