

# PNEUMONIA PARENT FACT SHEET

## PARENT/GUARDIAN

Your child may have been exposed to: PNEUMONIA

Many different viruses and some bacteria can cause pneumonia.

### Need to stay home?

Yes, until fever is gone and your child is healthy enough for routine activities.

DO NOT give aspirin or salicylate-containing medicines to anyone under 18 years of age.

### Symptoms

Your child may have a runny nose, chills, muscle aches and a sore throat. Your child may sneeze and cough and be more tired than usual. Check your child for a fever. Symptoms last about 7 days.

If your child is infected, it may take up to 10 days for symptoms to start.

### Spread

- By sneezing or coughing.
- By touching contaminated hands, surfaces, or objects.

### Contagious Period

Shortly before and while your child has symptoms.

### Call your Healthcare Provider

- If your child has a high fever, or a sore throat or a cough that does not go away.
- Antibiotics do not work for illnesses caused by a virus, including colds and certain respiratory infections.

### Prevention

- Cover nose and mouth when sneezing or coughing. Use a tissue or your sleeve. Dispose of used tissues.
- Wash hands after touching anything that could be contaminated with the secretions from the mouth or nose. Your child may need help with hand washing.
- Clean and disinfect anything that comes in contact with secretions from the nose or mouth. Use a product that kills germs.
- DO NOT expose your child to second-hand tobacco smoke. Smoke increases the risk for serious respiratory infections and middle ear infections.

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)

Email: [dpbhepi@health.nv.gov](mailto:dpbhepi@health.nv.gov)