



# Pneumonia

Your child may have been exposed to pneumonia. Many different viruses and some bacteria can cause pneumonia (inflammation of the lungs). Pneumonia can be a complication of other illnesses.

## If you think your child has pneumonia:

- Tell your childcare provider or call the school.
- Keep your child home from **childcare and school** until fever is gone (without the use of a fever reducing medicine) and your child is healthy enough for routine activities.
- Do not give aspirin or salicylate-containing medicines to anyone under 18 years of age.
- For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

## Parent/Guardian information

### Symptoms

Your child may have a runny nose, cough, fever, ear infection, rapid breathing, or chest pain. Babies and toddlers may look pale and limp, and cry more than usual.

### Spread

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

### Contagious period

Shortly before and while your child has symptoms.

### Call your health care provider

- If your child has a high fever, sore throat, or cough that does not go away.
- If your child has breathing difficulties or has a bluish tint to their lips or nails.

Antibiotics do not work for illnesses caused by a virus, including colds and certain respiratory infections.

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## Prevention

- Cover nose and mouth when sneezing or coughing. Use a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with secretions from the mouth or nose. Your child may need help with handwashing.
- Do not share anything that goes into the mouth, such as drinking cups, straws, and water bottles.
- 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.

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