

儿童肺炎

Pneumonia in Children

Pneumonia is an infection in the lungs often caused by bacteria or a virus. When a child gets pneumonia, tiny air sacs in the lungs can fill with fluid. This fluid blocks the air sacs and oxygen cannot get to the body from the lungs.

Signs of Pneumonia

- Chills
- Fever
- Chest Pain
- Cough
- Feeling very tired
- Trouble breathing or fast breathing
- Poor appetite or poor breast or bottle feeding
- Muscle aches

Your Child's Care

Your child's doctor will listen to your child's lungs. Your child may have a chest x-ray and a sample of his or her mucus checked for germs. This is called a sputum culture.

- If the cause is bacteria, your child's doctor may order antibiotics. Give the medicine as directed. Be sure to give **all** of the medicine, even if your child feels well.
- Your child may be given medicine to ease chest pain or coughing. Give the medicine as directed.

肺炎是一种肺部感染，通常由细菌或病毒引起。当孩子患肺炎时，肺部的微小肺泡可能充满体液。这些体会堵塞肺泡，使氧气无法经由肺部输送到体内。

肺炎的症状

- 发寒
- 发烧
- 胸痛
- 咳嗽
- 感觉非常疲劳
- 呼吸困难或急促
- 食欲不振，或母乳或奶瓶喂养效果不佳
- 肌肉痛

对孩子的护理

医生将听诊您孩子的肺部情况。孩子可能接受胸部X光检查，他或她体内分泌的痰液可能进行病菌检查。这称为痰液培养。

- 如果病因是细菌，医生可能开抗生素。遵医嘱用药。即使孩子感觉良好，务必将**所有**药物用完。
- 孩子可能获得缓解胸部疼痛或咳嗽的药物。遵医嘱用药。

- Have your child spit any mucus coughed up into a tissue and throw it away. Do not let your child swallow mucus if possible.
- Do not give over the counter (OTC) cough medicine without asking your child's doctor first. Your child needs to cough and bring up the mucus. Coughing is the body's way of clearing the infection from the lungs.
- Make sure your child gets plenty of rest.
- Keep your child away from people who are smoking.
- Have your child drink water. Ask your child's doctor how much to give.
- Keep all appointments with your child's doctor. Follow up with your child's doctor as directed, even if your child is feeling better.
- 让孩子将任何痰液咳到纸巾上并丢弃。如可能，切勿让孩子吞下痰液。
- 如事先未咨询医生，切勿使用非处方（OTC）止咳药。孩子需要咳出痰液。咳嗽是人体清除肺部感染的方式。
- 确保孩子得到充分休息。
- 使孩子远离吸烟者。
- 让孩子坚持喝水。向医生咨询饮水量。
- 坚持带孩子就医。遵医嘱带孩子复诊，即使孩子感觉好转也需要复诊。

To prevent pneumonia:

- Teach your children to wash their hands before eating and after using the toilet.
- Teach your children to cover their nose and mouth with a tissue or their sleeve when sneezing or coughing.
- Keep your children away from people who are smoking.
- Make sure your children get all of their vaccines or shots :
 - All children, starting at 2 months, should begin a series of vaccines that prevent bacterial pneumonia. Children older than 2 years may need a different vaccine. Check with your children's doctor.
 - To limit your children's risk of pneumonia, have them get a flu shot every fall. You can get pneumonia from the flu.

预防肺炎:

- 教孩子在进食前和如厕后洗手。
- 教孩子在打喷嚏或咳嗽时用纸巾或衣袖盖住口鼻。
- 使孩子远离吸烟者。
- 确保使孩子接种所有疫苗：
 - 所有孩子从2个月龄起应开始接种可预防细菌性肺炎的系列疫苗。2岁以上的儿童可能需要接种不同的疫苗。请咨询医生。
 - 为了降低孩子患肺炎的风险，每年秋季应带孩子注射流感疫苗。您可能因流感患上肺炎。

- Make sure your children are eating a healthy diet that includes fruits, vegetables, and whole grain foods.
- Make sure your children are getting plenty of sleep.
- Wash surfaces in the home that are touched often with soap and water or wipe with a disinfectant.
- 确保孩子保持健康饮食，包括水果、蔬菜和全谷物食物。
- 确保孩子得到充分睡眠。
- 用肥皂水清洗家中经常有人触碰的表面，或用消毒剂擦拭。

Call your child's doctor right away if your child has:

- Bluish-gray color to fingernails or lips
- Trouble breathing or fast breathing
- Nausea and vomiting
- A fever over 102 degrees F under the arm and is **older than 6 months**
- A fever over 100.4 degrees F under the arm and is **younger than 6 months**
- A fever for more than a few days after starting antibiotics

Talk to your doctor or nurse if you have any questions or concerns.

如孩子出现以下情况，立即致电医生：

- 指甲或嘴唇呈蓝灰色
- 呼吸困难或急促
- 恶心和呕吐
- 发烧超过华氏102度（腋下），且月龄**6个月以上**
- 发烧超过华氏100.4度（腋下），且月龄**不满6个月**
- 开始使用抗生素后持续数日发烧

如有任何疑问或担忧，请咨询医生或护士。