



Recognize The Signs Of Lung Infections

CALL YOUR DOCTOR IF YOU EXPERIENCE:

- Increase or new COUGH
- Increase or new SHORTNESS OF BREATH
- Increase in MUCOUS production or CHANGE in COLOR
- Any INCREASE or DECREASE in weight, especially swelling in the ankles
- Increasing fatigue and lack of energy or feeling of being unwell
- A fever or chills, chest pain or heart palpitations
- Your current treatments are not working to reduce the symptoms

By recognizing signs early, you can begin treatment sooner. It is better to call the doctor than to wait until you feel so bad that you have to make a trip to emergency.

Always have a current list of your medication and other pertinent information. Have it written down so you don't have to talk when breathless.

TIPS TO STAY HEALTHY

1. Avoid contact with people who are coughing and sneezing.
2. Seek early treatment for your lung illness.
3. Ask your doctor about getting a pneumonia vaccination and an annual flu vaccination.
4. Have regular check ups.

