

Pneumonia in Children

Pneumonia is an infection in the lungs. A germ such as bacteria, virus, fungus or parasite can cause it. 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 with yellow or green mucus
- Feeling very tired
- Trouble breathing or fast breathing
- Poor appetite or poor breast or bottle feeding

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.

- Your child's doctor may order antibiotics as pills or in an IV (intravenous). Give the pills 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.
- Oxygen may be given as a part of your child's care.

Numooniyada Caruurta (pneumonia)

Numooniya (oofwareen, jeeni-wareen, wareento) waa caabuuq ku dhaca sambabada. Jeermi sida bakteeriya, fayras, fangas ama deris-ku-nool ayaa sababi kara. Marka ilmaha ay ku dhacdo numooniya waxa dhacda in kiishash hawo oo yaryar oo ku yaala sambabada uu dheecaan ka buuxsamo. Dheecaankaasi waxa uu gufeeyaa/awdaa kiishashka hawada waxana dhacda in sambabadu aanay oksijiin jidhka siin karin.

Calaamadaha Numooniya

- Qadhqadhyo
- Qandho
- Xanuun Laabta ah
- Qufac leh xaako hurdi/jaale ama cagaar ah
- Daal badan oo la dareemo
- Neefsashada oo dhib ah ama neefsasho degdeg ah
- Rabitaanka quudka oo xun ama naaska ama caanaha dhalada oo ilmuhu aanu rabin

Daryeelka Ilmahaaga

Dhakhtarka ilmahaaga ayaa dhageysan doona sambabada ilmahaaga. Waxa dhici karta in ilmaha laga qaado raajo laabta ah iyo qadar xaako ah si loo baadho jeermi. Waxa tan la yidhaahdaa abuur xaako (sputum culture).

- Waxa dhici karta in dhakhtarka ilmahaagu u qoro antibiyootiko ah kiniin ama loo qaadanayo faleebo ahaan ama xidid laga siinayo. Kiniinka u sii sida lagu sheego. U hubso inaad siisid **dhamaan** dawada, xiitaa haddii ilmahaagu dareemo fiicnaan.
- Waxa dhici karta in ilmahaaga la siiyo dawo si looga yareeyo xanuunka laabta ama qufaca. Dawada u sii sida lagu sheego.
- Waxa laga yaabaa in oksijiin la siiyo ilmaha iyada oo taasi ka tirsan tahay daryeelka ilmahaaga.

- Your child's doctor may ask him or her to cough and deep breathe every 2 hours while awake to remove mucus. Have your child spit any mucus coughed up into a tissue and throw it away. Do not let your child swallow mucus if possible.
- Make sure your child gets plenty of rest.
- 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 within 7 days, **even if your child is feeling better.**

To prevent pneumonia:

- Teach your children to wash their hands before eating and after using the toilet.
- Keep your children away from people who are smoking.
- Make sure your children get all of their vaccines or shots. To limit your children's risk of pneumonia, have them get a flu shot every fall. You can get pneumonia from the flu.
- 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.

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

- Chest pain when he or she breathes
- Long coughing spells
- Trouble breathing or fast breathing
- Nausea and vomiting
- A high fever that comes on quickly or a fever that lasts more than 1 to 2 days
- Confusion

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

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- Waxa dhici karta in dhakhtarka ilmahaagu weyddiyo ilmaha inuu qufaco oo xoog u neefsado 2-dii saacadood kasta inta uu soo jeedo si xaako uga soo go'do. U sheeg ilmaha inuu ku tufo wixii ah xaako ee uu qufaco warqad/xaashi masar ah ka dibna tuur. Ha u oggalaan ilmaha inuu liqo xaako ama xab haddii ay taasi suurogal tahay.
- U hubso in ilmahaagu helo nasasho badan.
- Ilmuhu ha cabo biyo. Weydii dhakhtarka ilmahaagu qadarka biyaha ah ee aad siinaysid.
- Tag dhamaan ballamaha aad la leedahay dhakhtarka ilmahaaga. La xidhiidh dhakhtarka ilmahaaga gudaha 7 maalmood, **xiitaa haddii ilmuhu dareemayo fiicnaan.**

Si looga hortago numooniya:

- Bar ilmahaaga inay dhaqaan gacmahooda ka hor cunista iyo ka dib isticmaalidda musqusha.
- Ilmahaaga ka fogee dad sigaar cabaya.
- U hubso in ilmahaaga la siiyo dhamaan talaalooda. Si loo yareeyo halista numooniya ee ku iman karta ilmahaaga, ha la siiyo talaal ifilo ama hargab dayr kasta. Waxa aad numooniya ka qaadi karta ifilada ama hargabka.
- U hubso in ilmahaagu cunaan cunto caafimaad leh oo ay ku jiraan khudaar, cagaar iyo cuntooyin ah xabuub aan waxba laga saarin (whole grain).
- U hubso in ilmahaagu ay helaan hurdo badan.

Wac dhakhtarka ilmahaaga **isla markiiba** haddii ilmahaagu qabo:

- Xanuun laabta ah marka uu neefsanayo
- Qufac mudo dheer soconaya
- Neefsashada oo dhib ku ah ama neefsasho degdeg ah
- Lallabo iyo matag
- Qandho sare oo dhakhso u timaada ama qandho jirta wax ka badan 1 ilaa 2 maalmood
- Wareer

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ama walaac ah.

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