

How can I Reduce my Chances of Getting CAP?



Stop smoking



Avoid poorly-ventilated places



Get vaccinated annually (influenza and pneumococcal) if you are 65 years old and above



Wash your hands before and after meeting people, eating, and visiting the toilet



Wear a mask

Contact:

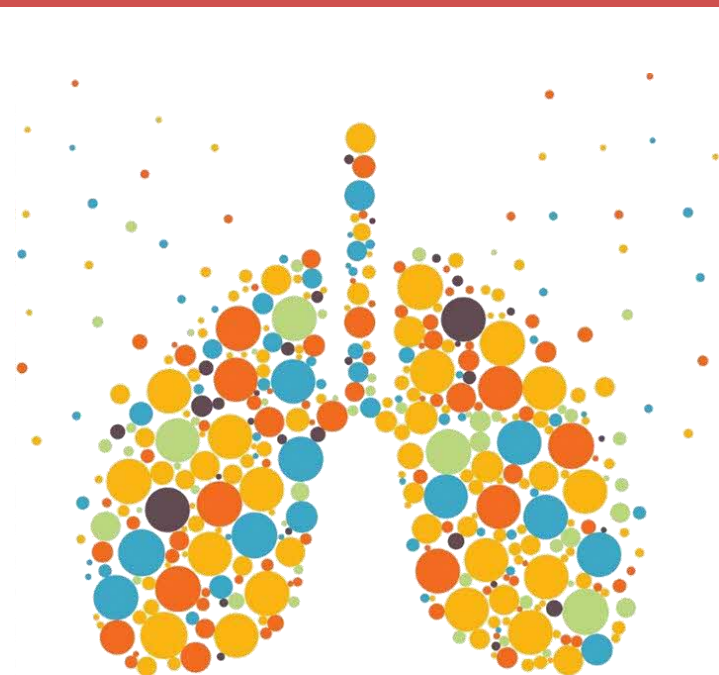
6357 7000 (Central Hotline),
6256 6011 (24 Hour Helpline)



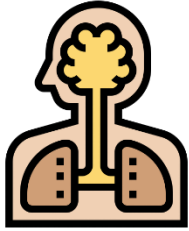
Scan the QR Code with your smart phone to
access the information online or visit
<http://bit.ly/TTSHConditions-Treatments>.

Department of
NURSING

Community Acquired Pneumonia (CAP)



1. What is Community Acquired Pneumonia (CAP)?



CAP is an infection of the lungs in a person who has not been hospitalised recently

2. Who is at Risk?

You are at greater risk if you:



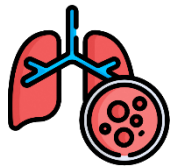
Are aged 65 years and above



Smoke or drink alcohol



Frequently inhale chemicals such as paint, gasoline and solvents



Have:

- Long-term illnesses of the lungs, heart or brain (stroke)
- Diabetes
- Reduced immune defenses
- Poor nutrition

Symptoms & Treatment for Community Acquired Pneumonia:

3. Symptoms of CAP



- Cough with or without phlegm
- Difficulty in breathing
- Fever
- Tiredness

5. What Treatment can I Expect?



- Antibiotics to fight the infection
- Other medications may be given to control symptoms such as cough, fever and pain
- An intravenous (IV) drip may be given to keep you hydrated

4. When Should I Seek Further Treatment?



Symptoms may persist for up to 2 weeks

Please return to the **Emergency Department** if you experience the following:

- Increased breathing difficulty
- Worsening cough
- Chest pain
- Fever that does not get better

6. What Happens After I am Discharged From the Hospital?



- Ensure that you **complete** your course of antibiotics
- In about 6 weeks' time, you will be asked to have a chest X-ray