### How can I Reduce my Chances of Getting CAP?



Stop smoking



Avoid poorlyventilated 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





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



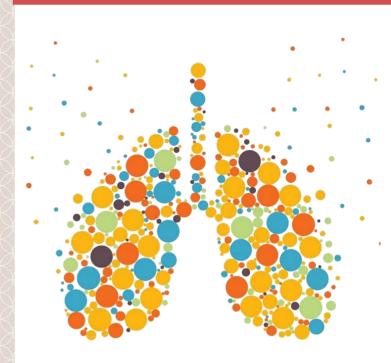
Scan the QR Code with your smart phone to access the information online or visit http://bit.ly/TTSHConditions-Treatments.



© Tan Tock Seng Hospital, Singapore 2019. All rights reserved. All information correct as of September 2019. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of Tan Tock Seng Hospital. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other healthcare professionals.

### 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