

## Are there supports to help me stop smoking?

The Canadian Cancer Society offers personal support, reading materials and much more.

### If you need help:

- Call Smokers' Helpline  
1-866-366-3667
- Text the word **iQuit** to 123456

### Or check online:

[smokershelpline.ca](http://smokershelpline.ca)

[ontario.ca/page/support-quit-smoking](http://ontario.ca/page/support-quit-smoking)

## When do I call my healthcare provider?

Talk with your healthcare provider:

- If you feel worse, call your healthcare provider or seek medical help.
- Ask about getting an influenza vaccine or flu shot each year and pneumonia vaccine. These can lessen symptoms.



This sheet is only a quick guide. It does not have all of the facts. If you have any further questions, ask Infection Prevention & Control or your healthcare provider.



**GET THE VACCINE**



**GET THE INFLUENZA SHOT**



**PRACTISE GOOD HYGIENE**



**REFRAIN FROM SMOKING**



**MAKE HEALTHY LIFESTYLE CHOICES**



# PNEUMONIA PREVENTION

## What are the signs of pneumonia?

Some people show signs of pneumonia while others have no signs of the infection.

### The common signs are:

- fever or lower temperature than normal
- chills
- chest pain or heaviness when breathing
- a dry cough or cough with sputum (spit)
- nausea, vomiting, diarrhea

Delirium is another sign of pneumonia. Delirium is a sudden or confused state of mind that comes and goes.

## Who is at risk of getting pneumonia?

Many older people are at risk of getting pneumonia.

### Some risk factors are:

- poor diet and dental hygiene
- smoking
- drinking too much alcohol
- long term health problems
- swallowing problems
- tube feeding
- poor immune status
- seizures

## What is Pneumonia?

Pneumonia is an infection in the lung. Germs called bacteria or viruses can cause the infection. Fluid collects in the infected part of the lung. As the fluid collects, oxygen cannot go into that part of the lung making it hard to breathe. When your body gets less oxygen, you also have trouble moving around and doing your daily activities.

Pneumonia can occur at any age, though it is a common and serious problem with older adults. It may take a long time to recover from pneumonia.

Pneumonia is more common during the cold and flu season.



## How is pneumonia treated?

Antibiotic medication is used to treat pneumonia caused by bacteria (germs). There are many types of antibiotics. Your healthcare provider will decide which antibiotic is best for you. If you are prescribed antibiotic medication, you will need to take **ALL** of the medication until it is done, even if you feel better. Do not stop taking this medication unless your healthcare provider tells you to do so.

## What are some ways to stay healthy?

- Exercise helps your blood move around; your lungs expand and your muscles stay strong
- Get the proper amount of rest
- Stop smoking
- Use your inhalers as prescribed by your doctor



## What to do after surgery to prevent getting pneumonia?

- Use the Aerobika (your healthcare team will instruct you how to use this)



- Deep breathing and coughing



- Brush your teeth and use mouthwash



- Adjust the angle of your bed to 30-45 degrees



- Walk as early as possible after your surgery

