

Taking Control of your Health Series: Bacterial Pneumonia

Bacterial Pneumonia is an infection of the lungs caused by bacteria. Older adults and people with chronic illnesses are most at risk. Ordinary respiratory infections sometimes lead to bacterial pneumonia. A vaccine (medicine given by a shot) can help protect against bacterial pneumonia.

Call your doctor if you have these symptoms, which may indicate BP

Fever

Shortness of Breath

Chills and Sweating

Persistent Cough

Chest Pain



You can help prevent bacterial pneumonia with these healthy tips!

Add these tips to your health and hygiene routine:

- ▶ **Wash your hands.** Your hands are in almost constant contact with germs that can cause pneumonia. They enter your body when you touch your eyes or rub the inside of your nose. When washing isn't possible, use an alcohol-based hand sanitizer.
- ▶ **Don't or stop smoking.**
- ▶ **Stay rested and fit.**
- ▶ **Eat a healthy diet.** Include plenty of fat-free dairy products, fruits, vegetables and whole grains.
- ▶ **Set an example by staying home when you are sick.** When you are in public with a cold or a contagious respiratory infection, catch your coughs and sneezes in the inner crook of your elbow.
- ▶ **Don't use alcohol heavily.**
- ▶ **Get a pneumococcal vaccine and yearly flu shots.** Doctors recommend a one-time vaccine against pneumonia for everyone older than age 65, as well as for people of any age residing in nursing homes and long-term care facilities. In addition, the vaccine is recommended for anyone at high risk including: smokers; anyone with heart disease, lung disease or other chronic conditions; and anyone with reduced immune defenses due to HIV or long-term therapy with immunosuppressant drugs, such as corticosteroids or medications to prevent transplant rejection.

For more information on Pneumonia and other common preventable health complications, contact your health care provider or your local partner for better health:



TRINITY COUNTY
HEALTH INITIATIVE
because nothing is more important than your health

936-642-1746

www.StayHealthyTrinityCo.com

SAVE *the* DATE

SATURDAY • OCTOBER 12, 2013
REGIONAL HEALTH



Get to know your medical community!

Representatives from the following Industries/Companies will be available for consultation:

Hospice • Alzheimer's • Assisted Living • Long Term Care • Home Healthcare • Skilled Nursing

Law Enforcement
Gun Safety, Boat Safety
Home Safety & Security
Finger Printing

Flu and Pneumonia
Vaccines
will be available!

Blood Pressure
Screening & Oxygen
Saturation Testing

Have questions about
prescriptions?
Ask your
local Pharmacist!

Nutrition Consultations
Will be Available to
those who want them!

Fire & Rescue will be on
hand to talk about
Fire Safety



10 AM 'til 2 PM

DWMBC Family Life Center • Trinity, Texas

For location/direction: www.dwmbc.org

Sponsored by:

Dorcas Wills Memorial Baptist Church • ETMC

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