



# Health Alert

## Pneumonia

Please be aware we have had several confirmed cases of a respiratory illness, commonly called “Walking Pneumonia”, in our center. Most forms of pneumonia are linked to viral or bacterial infections that progress from the upper respiratory tract to the lungs. The illness is transmitted from person to person.

### Symptoms

- Cough
- Wheezing
- Fast, labored breathing
- Flaring of the nostrils
- Malaise and fatigue
- Pain in the chest, especially when coughing or deep breathing
- Drawing in of the skin between the ribs and breastbone
- Bluish tint to the lips, skin due to low oxygen in the bloodstream

If your child is exhibiting any of these symptoms, please follow up with a healthcare provider if symptoms worsen or don't resolve within a few days. Children diagnosed with pneumonia should stay home until symptoms have resolved.

More information can be found here:

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Pneumonia.aspx>

**This is a reminder to keep sick children home where they can rest and get well.**



**Thank you!**  
**Your Child Health Connection Nurse**