

Pneumonia is a general term for lung infections that can be caused by a variety of [germs](#).

Signs and Symptoms

Symptoms vary depending on a child's age and what caused the pneumonia, but can include:

- Fever
- shaking chills
- cough
- stuffy nose
- very fast breathing (in some cases, this is the only symptom)
- breathing with grunting or wheezing sounds
- working hard to breathe; this can include flaring of the nostrils, belly breathing, or movement of the muscles between the ribs
- vomiting
- chest pain
- abdominal pain, which often happens because a child is coughing and working hard to breathe
- less activity
- loss of appetite (in older kids) or poor feeding (in infants), which may lead to [dehydration](#)
- in extreme cases, bluish or gray color of the lips and fingernails

In general, pneumonia is not contagious, but the upper respiratory viruses and bacteria that lead to it are. So it's best to keep kids away from anyone with symptoms (stuffy or runny nose, sore throat, cough, etc.) of a respiratory infection.

The BEST way to protect yourself from germs is washing your hands!!!

Keep in mind that all medications, prescription and or over the counter medications, need to be brought to your child's School office.