

Soundbite Script – Don't Sleep on Pneumonia

BreAnne Gendron, Advanced Practice Registered Nurse (APRN), OSF HealthCare

“COVID is kind of a wild card. It does create symptoms of shortness of breath. People can have fevers, it is a viral illness. It's seven to 10 days where people will have a day where they start feeling better. If you have shortness of breath, no matter what your diagnosis is, you want to seek treatment. The concern with COVID isn't so much pneumonia as blood clots in your lungs causing shortness of breath. We would want to make sure that you're safe in regards to that side of it.”

BreAnne Gendron, Advanced Practice Registered Nurse (APRN), OSF HealthCare

“Pneumonia is an infection that gets the travels through your lungs for one reason or another. Whether you are prone to infection because your immune system is suppressed. Smokers are more prone to pneumonia, people with COPD or asthma or other lung conditions. If you work in a place where there's lots of people in one place, you're more likely to be sick and that can lead to pneumonia.”

BreAnne Gendron, Advanced Practice Registered Nurse (APRN), OSF HealthCare

“If you have a fever greater than 101, or if you are a person that has any of those high risk factors, you have COPD, you're immune compromised, any of these things that would make you higher risk for pneumonia, and you should seek treatment. It's better to be safe than sorry; it's easier to treat you when you're less ill than when you're struggling to breathe and we have to send you to the emergency room.”

BreAnne Gendron, Advanced Practice Registered Nurse (APRN), OSF HealthCare

“Your health care provider may recommend that you get the pneumonia vaccine younger than 65, but everybody over the age of 65 should have a pneumonia vaccine because that's when people are at high risk for developing it. As we age our immune systems are generally less effective than they were when we were young. So it's good to get the vaccine after 65.”

BreAnne Gendron, Advanced Practice Registered Nurse (APRN), OSF HealthCare

“When you're wondering if it's pneumonia or walking pneumonia, it doesn't really matter which one it is. You need to go by your symptoms and if you're having high fevers, shortness of breath, you're coughing so much you can't sleep at night that you feel like you need help. You should be seen so that we can make sure you're safe.”