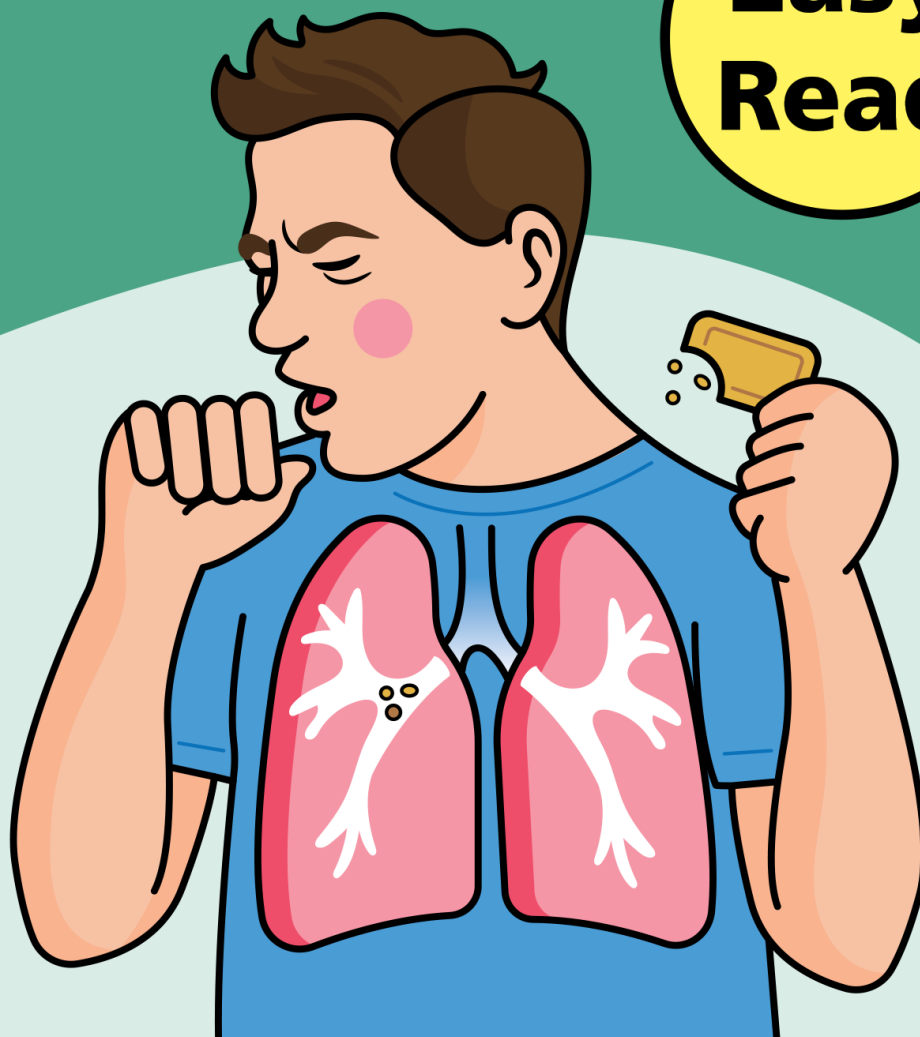


Aspiration Pneumonia

Information for patients,
carers and relatives

**Easy
Read**



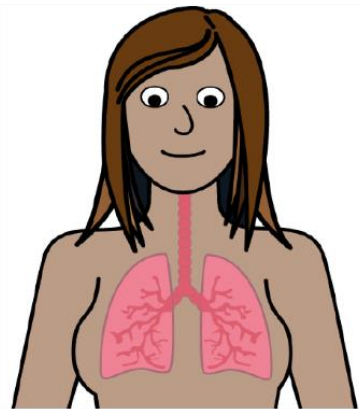
easy read



This booklet uses easy words and pictures.

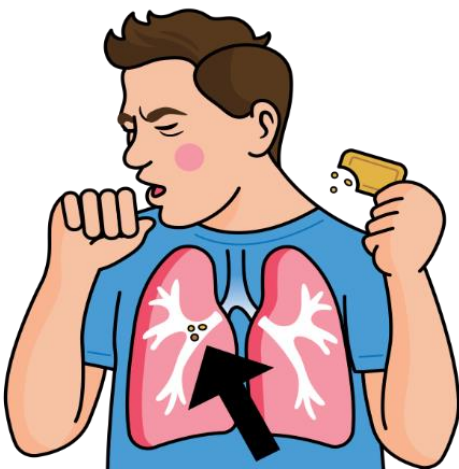
You might want to ask someone to help you read it.

lungs



Aspiration pneumonia is an infection in your lungs.

food in lungs



It happens when something gets into your lungs that shouldn't. Like food or drinks. Or your own saliva.

sick



hospital



**antibiotics
and oxygen**

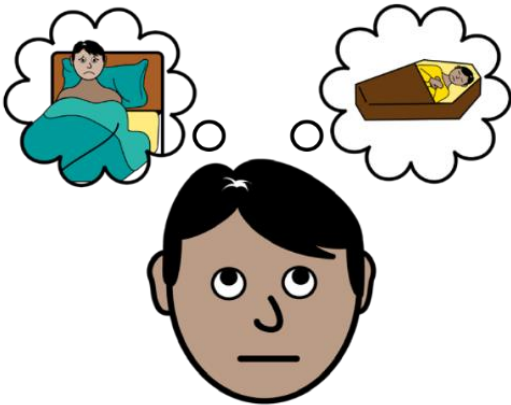


Aspiration pneumonia
can make you very sick.

You might need to come
to hospital.

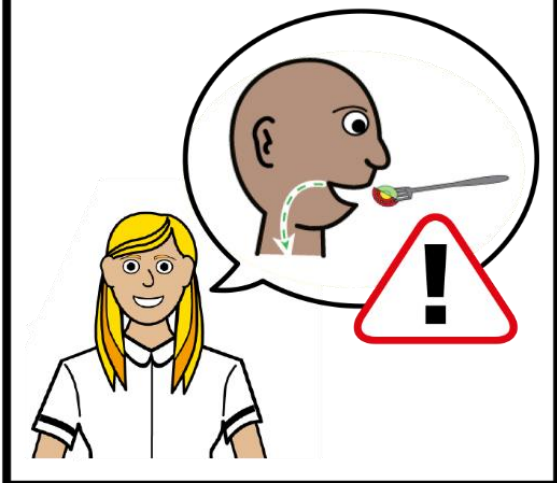
You might need
antibiotics and oxygen
therapy.

could die



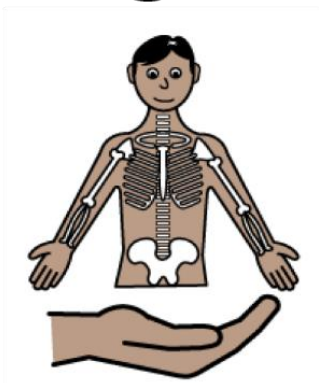
Some people will die from aspiration pneumonia.

swallow



You are more at risk of getting aspiration pneumonia if your swallow is not good.

postural management



Or You cannot sit yourself up independently.

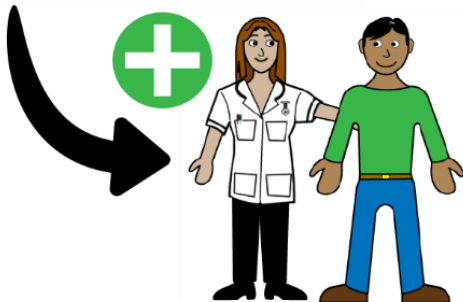
had before



risk



**assessment
and treatment**



You are more at risk of getting aspiration pneumonia if you have had it before.

We can help you reduce your risk of getting aspiration pneumonia by:

Making sure you get the right assessments and care for your swallow and chest if needed.

sit upright



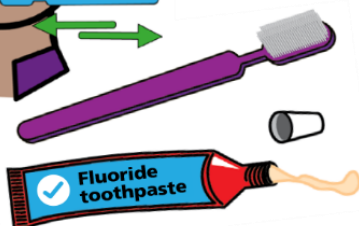
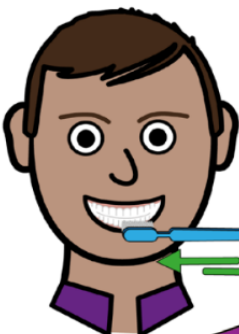
Always sit upright when eating and drinking.

follow advice



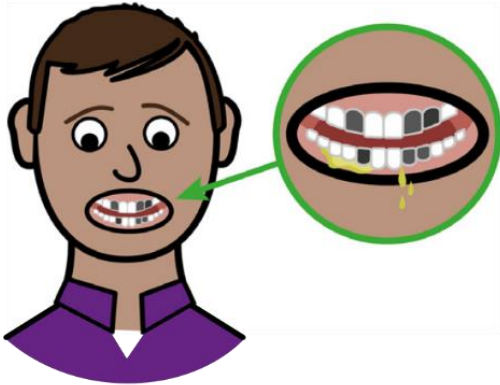
Always follow the advice given about eating and drinking.

brush teeth



Make sure you keep your mouth clean by brushing your teeth regularly using a fluoride toothpaste.

bad teeth



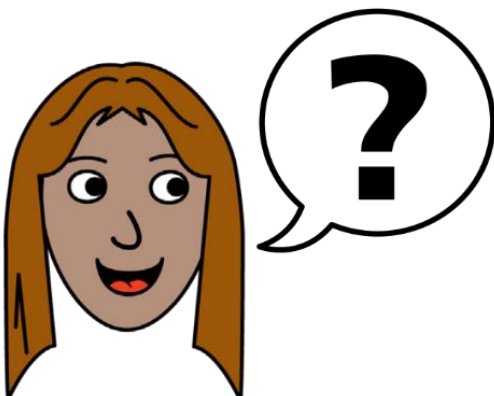
Poor hygiene in your mouth means some bugs (bacteria) could get to your lungs causing the infection.

dentist



Have dental check ups every 12 months.

ask



If you have any questions, you can ask the staff.