

# Pneumonia

When you have pneumonia, the air sacs in the lungs fill with infection or mucus. Pneumonia is caused by a bacteria, virus or chemical. It is not often passed from one person to another.

## Signs of Pneumonia

- Breathing faster than normal or having trouble breathing
- Pain in the chest when breathing or coughing
- A cough with mucus that may be yellow, green or rust colored
- Fever
- Shaking or chills
- Sweating
- Lips or nails are blue

## Your Care

Your doctor will listen to your lungs. You may have a chest x-ray and a sample of your mucus checked for bacteria or virus germs called a sputum culture.

- You may get antibiotics as pills or in an IV (intravenous). Take the pills as directed. Take all of the medicine until it is gone even if you feel better.
- You may be given medicine to ease chest pain or coughing. Take the medicine as directed.
- Oxygen may be given as a part of your care.
- You are asked to cough and deep breathe every 2 hours while awake to remove mucus.
- Spit any mucus you cough up into a tissue and throw it away. Do not swallow it.
- Rest often.
- Drink 8 or more glasses of liquids each day.
- Eat a healthy diet.
- Do not smoke.
- Follow-up with your doctor within 7 days, **even if you are feeling better.**

To limit your risk of pneumonia, get a flu shot every fall. You can get pneumonia from the flu. Talk to your doctor about getting a pneumonia vaccine.

Call your doctor **right away** if you have:

- More problems with breathing
- A higher fever or your fever lasts more than 1-2 days
- Confusion
- An increase in chest pain
- Nausea and vomiting

**Talk to your doctor or nurse if you have any questions or concerns.**