



## Pneumonia

We focus on helping you recover from a bout of pneumonia, while avoiding a hospitalization or a recurrence.

### **The Goals of the Pneumonia at Home Program Are To**

- Provide high-quality care in your home
- Carefully manage your care to prevent a hospital admission or emergency room visit
- Work collaboratively with your physician and our hospital partners to improve your recovery

Pneumonia care begins with a comprehensive assessment of your needs by specially trained and highly skilled clinicians. Your nurse will answer your questions and give you and your family a personalized plan of care. We will send your physician regular reports of your progress.

### **Ongoing Pneumonia Care Includes**

- Teaching you strategies to manage current pneumonia conditions and prevent recurrence
- Giving you nutritional instruction
- Educating you and your family about the benefits of obtaining pneumococcal vaccines

## Facts About Pneumonia

Pneumonia is a common infection in one or both of the lungs. The infection inflames your lungs' air sacs, which may fill up with fluid or pus. Many germs – such as bacteria, viruses, and fungi – can cause pneumonia, and multiple factors affect how serious pneumonia is, including the type of germ causing the infection and your age and overall health. Pneumonia tends to be more serious for infants and young children, older adults and people who have other health problems or compromised immune systems.

Treatment for pneumonia depends on its cause, severity of symptoms, and the patient's age and overall health. Many people can be treated at home, often with oral antibiotics. Children usually start to feel better in one to two days. For adults, it usually takes two to three days. People who have severe symptoms or underlying health problems may need treatment in a hospital and it may take three weeks or more before they can go back to their normal routines.

### **Common Symptoms of Pneumonia**

- Cough, often producing phlegm or mucus
- Fever
- Shortness of breath



- Chest wall pain that is often made worse by coughing or breathing in
- A feeling of weakness and fatigue
- Fast breathing
- Loss of appetite, nausea and/or diarrhea

#### **Tips for Managing Pneumonia**

- Get plenty of rest.
- Drink plenty of clear liquids to avoid dehydration.
- Do not try to stop your cough unless it is causing you to feel worse or lose sleep, as a cough is one way your body gets rid of the infection.
- If approved by your physician, consider taking acetaminophen (such as Tylenol) or aspirin to help reduce your fever and make you more comfortable.
- Sleep with your head elevated to ease breathing.

For more information about pneumonia, visit the CDC's [Pneumonia Can Be Prevented](#) page.