

## What is Pneumonia ?

Pneumonia is an infection of one or both of the lungs caused by bacteria, viruses, or fungi. It is a serious infection in which the air sacs in your lungs fill with pus and other liquid.

### Types of Pneumonia:

- Lobar pneumonia affects one or more sections (lobes) of the lungs.
- Bronchial pneumonia affects patches throughout both lungs. It is also called bronchopneumonia.

### Who is at risk for pneumonia?

Anyone can get pneumonia. But the following groups are at the highest risk:

- Adults ages 65 and older
- People with certain health conditions
- People who smoke or use vaping devices

### What are the symptoms of pneumonia?

- Bluish color to lips and fingernails
- Confused mental state or delirium, especially in older people
- Cough that produces green, yellow, or bloody mucus
- Fever
- Loss of appetite
- Low energy and extreme tiredness (fatigue)
- Rapid pulse
- Shaking chills
- Sharp or stabbing chest pain that's worse with deep breathing or coughing
- Shortness of breath that gets worse with activity

### Preventing Pneumonia:

- Get a pneumonia vaccine. The vaccine is recommended for children younger than 2 years old, adults 65 years old, or those with certain medical conditions.
- Get an annual flu vaccine
- Stop smoking
- Ensure your home is free of mold
- Wash your hands frequently and thoroughly
- Drink plenty of fluids to help loosen secretions and bring up phlegm (mucus)
- Drink warm beverages, take steamy baths and use a humidifier to help open your airways and ease your breathing.

Contact your doctor right away if your breathing gets worse instead of better over time.

- If given antibiotics to treat your pneumonia, make sure to finish the prescription

### NHRMC Programs and Support Services:

- Your provider can follow your progress. Visit [nhrmcphysiciangroup.org](http://nhrmcphysiciangroup.org) to learn more about our practices and find the location most convenient for you.
- Stop Smoking: NHRMC offers classes. Call 910.264.9200 for more information.
- **Transitional Disease Management Support:** Patients discharging from NHRMC with pneumonia who are at high risk for readmission may receive follow-up phone calls from an NHRMC nurse and may receive a home visit from a Community Paramedic to help make a smooth transition back to living in your home. Call 910.667.7275 to reach the Transitional Disease Management team.
- **NHRMC ExpressCare** is available for any urgent medical needs. Learn more at [nhrmc.org/services/expresscare](http://nhrmc.org/services/expresscare).
- **VitaLine** provides free, confidential access to nonurgent health information from experienced registered nurses and other professionally trained staff who can help connect you to the care you need. Call 888-815-5188 to reach the VitaLine team, who will follow up with you at their earliest convenience.

### Additional References and Resources:

- **American Lung Association:** Learn more about pneumonia treatment and recovery at [www.lung.org/lung-health-diseases/lung-disease-lookup/pneumonia/treatment-and-recovery](http://www.lung.org/lung-health-diseases/lung-disease-lookup/pneumonia/treatment-and-recovery)