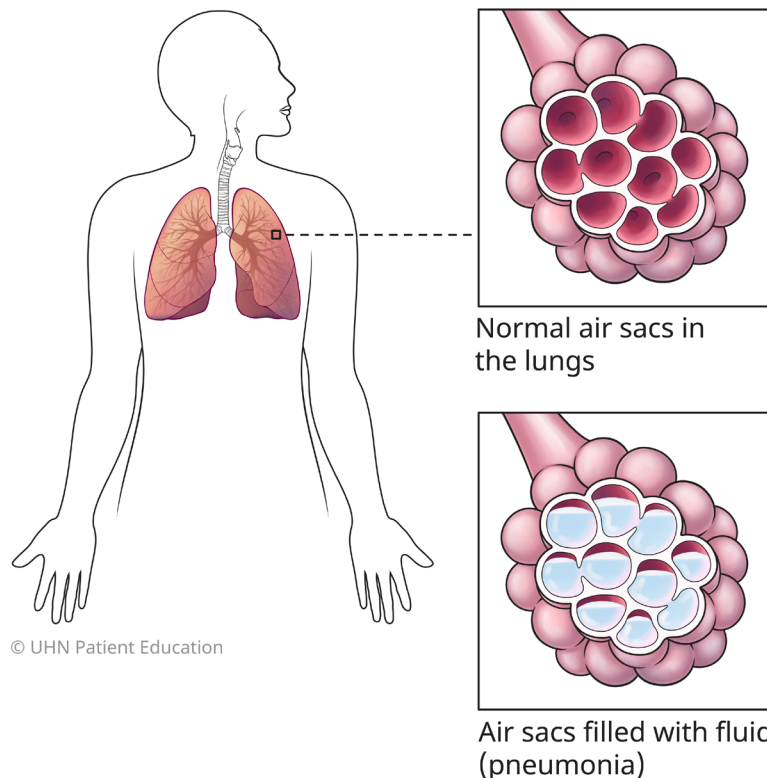


Your Guide to Managing Pneumonia

Read this guide to learn more about pneumonia and 5 steps you can take to stay healthy.

What is pneumonia?

Pneumonia is an infection of the lungs. This infection can cause parts of your lung to fill with mucus or fluid. Pneumonia can lead to fevers, coughing, chest pain and trouble breathing.



Community Acquired Pneumonia is when you catch an infection outside of a hospital setting. Anyone can get pneumonia, but there are factors that may put some people at higher risk.

Two common causes of pneumonia are:

- viruses such as the common cold or flu
- bacteria

Who is at high risk for getting pneumonia?

- Adults aged 65 and older
- People with chronic medical conditions such as
 - emphysema
 - asthma
 - diabetes
- Active smokers

The good news is that pneumonia can be cured! Antibiotics are given to treat bacterial infections. Viral infections are sometimes treated with antiviral medications. It's important to take your medications exactly as your doctor or health care provider prescribed them. Even if you are feeling better, take the medication for the full number of days prescribed.

Treating your community-acquired pneumonia may:

- ✓ speed your rate of recovery
- ✓ lower the chance of getting a new infection
- ✓ lower the chances of needing to return to hospital

The 5 steps in this guide tell you what you need to know and do!

1. Know your symptoms

Get to recognize pneumonia symptoms so you can take action:

Symptoms I have noticed	What to do
<input type="checkbox"/> Coughing up phlegm <input type="checkbox"/> Low energy <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Feverish or chills	<ul style="list-style-type: none"> • Drink lots of fluids to loosen mucus in the lungs and help with your cough • Take your medications as directed by your doctor. • Rest

Worrisome symptoms I have noticed	What to do
<input type="checkbox"/> Fever (temperature above 38 °C) <input type="checkbox"/> Worsening cough, lasting longer than 7 days <input type="checkbox"/> Change in colour of mucus (yellow, brown, green, bloody) <input type="checkbox"/> Worsening shortness of breath <input type="checkbox"/> Worsening chest pain when coughing or breathing <input type="checkbox"/> Diarrhea, nausea or vomiting	<ul style="list-style-type: none"> • See your family doctor within the next 2 days

2. If you are having any of the following emergency symptoms, call 911 or go to the nearest hospital.

Signs of an emergency	What to do
<input type="checkbox"/> Severe shortness of breath even when resting. <input type="checkbox"/> Severe chest pain <input type="checkbox"/> You feel confused or disoriented <input type="checkbox"/> Lips and fingertips are turning blue	<ul style="list-style-type: none"> • Call 911 or go to the nearest hospital Emergency Department. • Stop activity and sit or lie down • Take slow deep breaths <p>Do not drive yourself!</p>

3. If you smoke, ask your healthcare provider about quitting smoking

Quitting smoking will improve your breathing and lower your risk of catching infections. Ask your doctor or pharmacist about smoking cessation programs that can help you quit.

4. Take your medications

You may be prescribed antibiotics. Take them as prescribed by your health care provider even if you are feeling better.

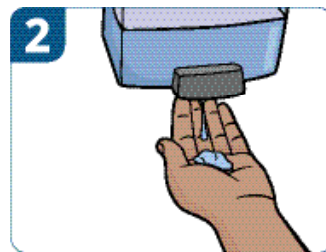
5. Live well

To lower your risk of catching infections:

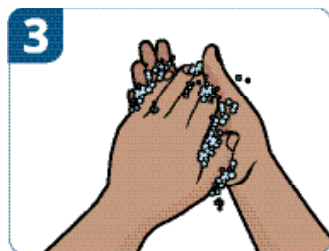
Practice good hand hygiene



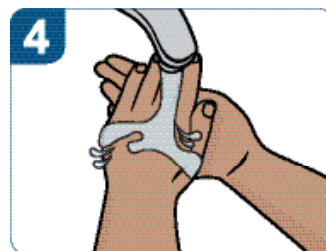
Wet hands



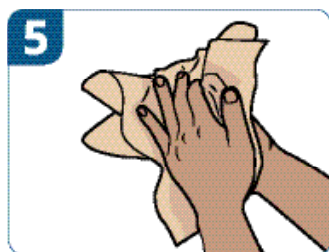
Apply soap



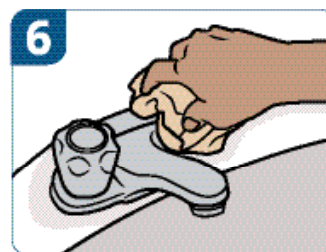
Wash for
15 seconds



Rinse hands



Dry hands



Turn taps off
with paper towel

Manage your environment

Help others from getting sick



1. Cover your mouth and nose when you cough or sneeze



2. Put used tissue in the garbage



3. If you don't have a tissue, cough or sneeze into your sleeve



4. Wash your hands

Keep your immune system strong

- Choose balanced meals that have a range of vitamins and minerals
- Exercise to help you be in a weight range that is right for you
- Get plenty of sleep

Get vaccinated

- Ask your health care provider about the following shots:
 - vaccinations for pneumonia
 - seasonal flu shot

For more information

Mayo Clinic

- Website: www.mayoclinic.org

The Lung Association

- Website: www.lungontario.ca
- Phone: 1 866 717 2673

Smokers' Helpline

- Website: www.smokershelpline.ca
- Phone: 1 877 513 5333

[Telehealth Ontario](#)

- Call for fast, free medical advice at 1 866 797 0000

Canada's Food Guide

- Website: <https://food-guide.canada.ca>



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