Pneumonia is an infection or inflammation of the lungs. The air sacs or some areas of bronchial tubes in the lungs fill with infection or other secretions. Pneumonia is caused by either bacteria or viruses, but is not usually passed from person to person.

**Signs of Pneumonia**
- Shortness of breath
- Chest pain with deep breathing
- Fever
- A cough with mucus that is green or rust colored
- If you are older than age 65, you may also have signs of confusion or may be at greater risk for falling when walking or moving.

**Treatment**
- Medicines: Antibiotic medicines are used to treat bacterial pneumonia. Antiviral medicines are used to treat viral pneumonia. Other medicines may be given to reduce the amount of mucus in the lungs, to help with cough or reduce discomfort when breathing.
- Take your medicines as prescribed. It is important to take antibiotic medicine until it is gone so that the infection clears completely.
- Take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for fever and for discomfort.
- Drink 8 or more glasses of fluids a day. Drink fluids between meals and at bedtime, as well as during meals, to get enough extra fluids. Keep a water bottle with you or set a timer as a reminder.
- Remember to spit any secretions produced into a tissue.

**Danger Signs**

Call your primary care doctor or return to the Emergency Department if you have any of these signs:
- Increased shortness of breath
- A higher fever or continued fever (over 24 to 48 hours)
- Confusion
- An increase in chest pain
- Nausea and vomiting

**Follow Up**

It is very important to get follow-up care with your primary care doctor within 7 days, **even if you are feeling better**. Call today for an appointment.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.