



Treating Pneumonia



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Prompt diagnosis and treatment of pneumonia is very important to cure the infection and prevent complications. Your treatment will be based on several factors, including¹:



The type of pneumonia you have



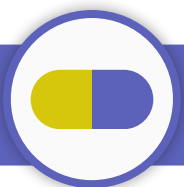
Your age



How sick you are feeling



Whether you have other health conditions



What are some common treatment options?²

- Most pneumonia in adults is caused by bacteria. If this is the case, your doctor will likely prescribe an antibiotic.
- If your pneumonia is caused by a virus or a fungus, another type of medicine may be prescribed.
- Your doctor may also suggest over-the-counter (OTC) medicines to help lower fever, relieve pain, and ease your cough.

The best treatment is prevention—ask your doctor about vaccines to prevent pneumonia caused by certain bacteria or viruses.



What to expect during treatment and recovery^{1,2}

- If you've been prescribed an antibiotic, it's important that you take all of it until it's gone, even though you will likely start to feel better in a couple of days.
- If you stop taking the antibiotic too soon, the bacterial infection and your pneumonia may come back.
- If your doctor schedules a follow-up appointment, it's important that you go.

Keep in mind, some coughing is OK because it helps clear the lungs.



How to protect others^{1,2}

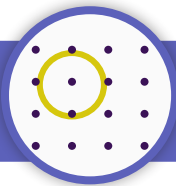
- Limit your contact with family and friends.
- Cover your nose and mouth with your arm when coughing or sneezing so you don't infect other people.
- Wash your hands often, especially after you cough or sneeze.

It may take several weeks to recover from pneumonia. Most healthy people are able to get better at home.



Things you can do to help you feel better^{1,2}

- Get plenty of rest.
- Avoid smoking, secondhand smoke, and wood smoke.
- Drink plenty of fluids.
- Take steamy baths or use a humidifier.



What to do if symptoms get worse even after treatment²

- Call your doctor right away if symptoms worsen.
- Older adults, people with certain medical conditions, and anyone with severe symptoms may need to be hospitalized.

References:

1. American Lung Association. Pneumonia treatment and recovery. Updated November 17, 2022. Accessed May 17, 2023. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/pneumonia/treatment-and-recovery>
2. National Heart, Lung, and Blood Institute. Pneumonia. Updated March 24, 2022. Accessed May 17, 2023. <https://www.nhlbi.nih.gov/health/pneumonia>