

PNEUMONIA

What is pneumonia?

Pneumonia is a type of lung infection that can be caused by viruses, bacteria, or fungi in the air around you or on surfaces you touch. The infection causes the tissues in parts of one or both lungs to become inflamed, swollen, irritated, or filled with fluid, making breathing more difficult.

What are the symptoms of pneumonia?

- Coughing (dry or with mucus)
- Nausea, vomiting, and/or diarrhea
- Shortness of breath or difficulty breathing
- Pain in the chest while breathing
- Chills or sweats
- Fever
- Fatigue
- Headache

When to see a doctor:

If you think you have pneumonia, it is important to see a physician. Your physician may prescribe medications to aid in your recovery. It is also helpful to stay hydrated and get plenty of rest. It may take several weeks to a couple of months to feel back to normal, depending on the cause of the pneumonia and its severity.

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