## pneumonia

Pneumonia is a pulmonary pneumonia. It allows the lungs' air sacs (alveoli) to become inflamed (irritated and swollen). They can get clogged with fluid or pus. This results in a wide spectrum of effects, ranging from moderate to extreme. Bacteria or a virus are the most common causes of pneumonia. It may also be affected by spores or irritants inhaled into the lungs. The severity of pneumonia is determined by a variety of causes. These factors include the source of your pneumonia, your age, and your general health.

Bacterial pneumonia is a bacterial infection that affects the lungs. Streptococcus (pneumococcus) is the most common, but other bacteria can also cause it. These bacteria will reside in your throat without causing any problems if you're young and otherwise healthy. However, if your body's defences (immune system) are compromised for whatever cause, bacteria will enter your lungs. The air sacs in your lungs get polluted and inflamed as a result of this. They get clogged with blood, resulting in pneumonia.

If you're 65 or older, have other health problems like hypertension, diabetes, or heart disease, or are healing from surgery, you're most likely to get bacteria pneumonia.

People with a compromised immune system are more susceptible to bacterial pneumonia. Those who have just undergone an organ transplant are among them. HIV-positive people, as well as those with leukemia, lymphoma, or serious kidney failure, have a higher risk of contracting the virus.

Symptoms can hit you hard and quick, or they can take a few days to appear.  Common symptoms are

* High fever up to 105 F\s
* Coughing out greenish, yellow, or bloody mucus
* Chills that make you shake
* Feeling like you can’t catch your breath, especially when you move around a lot
* Feeling very tired
* Low appetite
* Sharp or stabby chest pain, especially when you cough or take allow appetite
* [Sweating](https://www.webmd.com/skin-problems-and-treatments/hyperhidrosis2) a lot
* Fast breathing and heartbeat
* Lips and [fingernails](https://www.webmd.com/skin-problems-and-treatments/ss/slideshow-nails-and-health) turning blue
* Confusion, especially if you’re older

## Pneumonia Be Prevented

**Yes, really. Following a few quick measures will help you avoid contracting pneumonia. Here's how to do it:**

**Vaccinate yourself**

* **To avoid seasonal influenza, have a flu vaccine every year. Since the flu is a major cause of pneumonia, avoiding it is a safe way to avoid pneumonia. Pneumococcal pneumonia, a prevalent form of bacterial pneumonia, should be vaccinated in children under the age of five and adults 65 and older. Any children and adults who are at a higher risk of pneumococcal disease due to other health problems should have the pneumococcal vaccine. Pneumococcal vaccine comes in two varieties. Find out if one of them is correct for you by speaking with your healthcare provider.**
* Other vaccines, such as pertussis (whooping cough), chicken pox, and measles, can help avoid infections from bacteria and viruses that can lead to pneumonia. Please see the doctor to see whether you and your children are up to date with their vaccines and if all of these vaccinations are right for you.

### **Hand sanitizer**

### Hands should be washed regularly, especially after blowing your nose, going to the toilet, diapering, and eating or cooking foods.

**Smoking is prohibited.**

* Tobacco reduces the capacity of the lungs to resist infection, and smoking have been linked to an increased risk of pneumonia. Smokers are one of the high-risk individuals that can get vaccinated against pneumococcal disease.

Keep an eye on your overall health.

* Keep an eye out for any signs that last longer than a few days, since pneumonia often accompanies respiratory infections.
* Good eating practices, such as a balanced diet, adequate rest, and daily exercise, protect you from viruses and respiratory diseases. If you have a cough, the flu, or another infectious infection, they will even help you heal quickly.

If you have children, discuss the following with their doctor: • Hib vaccine, which protects against the disease

* A drug called Synagis (palivizumab), which is given to some children younger than 24 months to prevent pneumonia caused by [respiratory syncytial virus (RSV)](https://www.lung.org/lung-health-diseases/lung-disease-lookup/rsv).

If you have cancer or HIV, talk to your doctor about additional ways to prevent pneumonia and other infections.

**Home to feel better**

In addition to any medications and/or medication prescribed by your doctor, you can also:

* Have plenty of sleep. Rest will assist the body in combating the infection.
* Stay hydrated by drinking lots of water. You'll stay hydrated if you drink plenty of water. They can aid in the loosening of mucus in the lungs. Water, warm tea, and simple soups are all good options.
* If you drink, quit and don't inhale secondhand smoke. Smoking will exacerbate your symptoms. Smoking also raises the chances of getting pneumonia or other respiratory diseases later on. You can still stay away from lit fireplaces and other places where the air quality isn't assured.
* **Should not return to school or work until the symptoms have subsided. This typically entails waiting until the fever has subsided and you are no longer coughing. When the doctor says it's safe, go back to school or work.**
* **Use a cool-mist humidifier or a warm bath to relieve stress. This would assist with clearing the lungs and making breathing easier.**