

Pneumonia

Pneumonia is an infection in one or both of the lungs. It causes the air sacs of the lungs to fill up with fluid or puss. It can range from mild to severe, depending on the type of germ causing the infection, your age, and your overall health.

As described by medlineplus.gov

What body part does pneumonia target?

Pneumonia mainly targets our lungs and causes our alveoli to fill up with liquid or puss.

According to NHS.uk, pneumonia is caused by an infection, most commonly bacteria and viruses, and is infectious.

We should be careful!

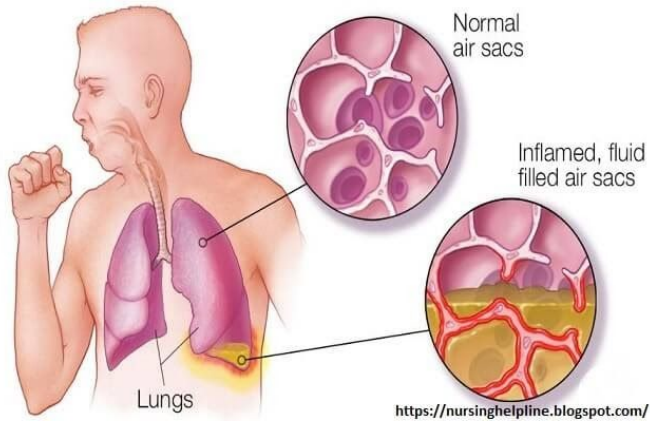
because pneumonia is an infection that is infectious!



This is an image of a bacteria that causes Pneumonia.

What does Pneumonia do to our body?

When a healthy person breathes, air fills up the alveoli, but when a person with pneumonia breathes, it is painful because of the liquid or puss inside the alveoli. This also limits oxygen intake according to WHO.



Here is a diagram from Nursing Helpline that shows the air sacs with fluid inside.

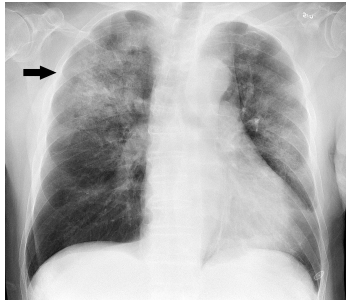
Now that you know what pneumonia is and what it does to our body, you will now read about how a person can get pneumonia.

Ways on how a person can possibly get pneumonia

1. A person can get pneumonia through coughs and sneezes. When a person coughs or sneezes, they launch tiny droplets that contain germs, and you might inhale those tiny droplets through the air that you breathe.
2. The bacteria from the nose or mouth spread to the lungs.

How to detect if a person has pneumonia

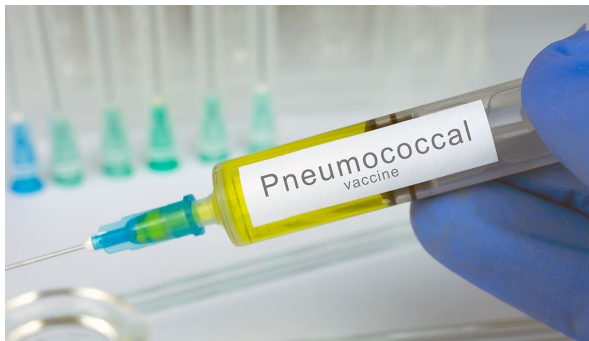
To diagnose pneumonia, your doctor will review your medical history, perform a physical exam, and order diagnostic tests such as a chest X-ray. This information can help your doctor determine what type of pneumonia you have. -nhlbi.nih.gov



A picture of an x-ray scan of a person with Pneumonia. - Wikipedia

How can you prevent getting pneumonia?

To prevent getting pneumonia you have to know how people catch it, which means you have to avoid close contact with infected individuals. To prevent pneumonia you can also get a vaccine for it, more specifically a vaccine against pneumococcal pneumonia, which is a common type of bacterial pneumonia.



- Getty Images

How can you treat pneumonia?

Treating pneumonia as soon as possible has the highest chance of a good and healthy recovery. Treating pneumonia depends on how severe the pneumonia is and some risk factors. Some people get prescribed medicine and recover at home, while others stay in a hospital or even an ICU if it's a severe type of pneumonia.

Here are ways pneumonia can be treated at home from nhlbi.nih.gov

- **Antibiotics for bacterial pneumonia.** Most people begin to feel better after one to three days of antibiotic treatment. However, you should take antibiotics as your doctor prescribes. If you stop too soon, your pneumonia may come back.
- **Antiviral medicine for viral pneumonia.** These medicines may not be effective against some viruses that cause pneumonia.
- **Antifungal medicines for fungal pneumonia.**
- **Over-the-counter medicines.** Your doctor may suggest over-the-counter medicines to treat your fever and muscle pain or help you breathe easier. Talk to your doctor before taking cough or cold medicine.

If you have a serious case of pneumonia, you need to be hospitalized.

Now that you know information about pneumonia spread awareness about it and keep you and your family safe from pneumonia. This E-Book is a project for my Science class and is for personal use only. No plagiarism intended.

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