



Pneumonia: Recovery



Overview

Recovering from a bout of pneumonia can be difficult. Your recovery may take days or several weeks depending on your age, your overall health and the seriousness of your infection. Follow these few simple guidelines to regain your health as quickly as possible.

Pace Yourself

It's important to pace yourself. Get plenty of rest, but get out of your bed every day if possible. Sit in a chair or walk around. This is good for your lungs. Try to be as active as possible, but don't overdo it. When activity makes you tired, take a break.

Medications

Make sure you are taking your medications. You may be given antibiotics, antiviral medications, cough medicine or fever reducers. All of these can help ease your symptoms. Take the entire course of your prescription medications. And remember to stay up to date on your vaccinations.

Food, Drink, Smoking

Eat nutritious foods and drink plenty of water during your recovery. Staying hydrated can help loosen the mucus in your lungs. Don't smoke. If you are a smoker, seek help to quit. Smoking interferes with your lungs' ability to fight infection.

Look for Danger Signs

Finally, see a doctor if your recovery is not progressing or if you experience danger signs. These may include fever, severe coughing, shortness of breath, or coughing up yellow or green sputum. By following these guidelines, you can ensure a safe recovery from pneumonia.