Chronic Obstructive Pulmonary Disease (COPD) & Pneumonia

Pneumonia is an infection of the air sacs in one or both of your lungs. It is important to recognize the early warning signs and symptoms of pneumonia so you can get treated as early as possible.

What Causes Pneumonia?

Pneumonia is commonly caused by bacteria and viruses. These germs generally enter your body through your mouth or nose and then settle into the air sacs of your lungs. There they can grow and spread, causing the air sacs to fill with fluid. Your risk of developing some types of pneumonia can be decreased by getting the vaccines listed below:

- Influenza (Flu)
- Pneumococcus
- Pertussis (Whooping cough)
- Measles
- Haemophilus Influenzae Type B (Hib)
- COVID-19

What Are the Symptoms of Pneumonia?

Some pneumonia symptoms are similar to other infections that cause COPD exacerbations (flare-ups). Contact your health care provider if you experience one or more of the following symptoms:

- Fever or chills
- Changes in the color, thickness or amount of mucus
- Shortness of breath or more rapid breathing
- Feeling your heart racing or pounding
- Nausea, vomiting or diarrhea
- Chest pain when taking deep breaths
- New or worsening cough

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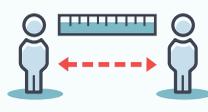
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PREVENTION

Wash hands | **Avoid touching** | **Wear Mask** | **Social distance** | **Use alcohol based** | **Stay home**

How Can I Prevent Pneumonia?

- Avoid touching your face. This prevents germs from entering your body.
- Get a flu shot every year and talk to your health care provider about a pneumonia shot.
- Wash your hands often or use alcohol-based hand sanitizer.
- See your health care provider twice per year, even if you feel well.

- Consider wearing a mask and staying away from crowds especially during cold and flu season.
- If you are a smoker, quit. Smoking makes it harder for your body to fight an infection.
- Complete the My COPD Action Plan with your health care provider and follow it daily.

Preventing pneumonia is an important part of managing your COPD. Watch for early warning signs of an infection or flare-up. Follow your COPD Action Plan and contact your health care provider if you experience new or worsening symptoms.

Call Us - We're Here to Help

Our Care Management team is ready to support you in managing your COPD, preventing pneumonia, and staying healthy. Call us with questions about your treatment plan, prevention strategies, or any concerns.

eternalHealth Care Management
1 (800) 787-5076 (TTY 711)
Monday - Friday, 9am - 5pm EST

eternalHealth Urgent Hotline
1 (800) 892-1361 (TTY 711)
24 hours, 7 days a week