

What is Pneumonia?

Pneumonia is an infection of one or both lungs caused by a bacteria, virus or fungi. Pneumonia causes air sacs in our lungs to become filled with fluid or pus and become inflamed. Pneumonia can lead to painful breathing and reduced oxygen intake, and it can be mild or life threatening.

4 Main Types of Pneumonia

- **Bacterial Pneumonia** which is caused by a bacteria (most commonly the bacteria *Streptococcus Pneumoniae*)
- **Viral Pneumonia** which is caused by a virus (often acquired in the community and by the influenza virus)
- **Fungal Pneumonia** which is caused by a fungus
- **Mycoplasma Pneumonia** which is caused by a bacteria called *Mycoplasma Pneumoniae*

There are over 30 different causes of Pneumonia. Types of pneumonia are categorized by their cause.

Symptoms of Pneumonia

- Cough with green or yellow mucus
- Trouble breathing
- Fever and/or chills
- Extreme fatigue
- Chest pains when taking in a breath or chest pains with cough
- Confusion/delirium (common over age 65)

What Should I Do if I Think I Have Pneumonia?

- Rest! Stay hydrated!
- Seek medical care if symptoms worsen
 - You may need antibiotics
 - Testing may need to be done to figure out the type of pneumonia and its location in the body, for appropriate treatment
- Get vaccinated to prevent severity of future illnesses
 - The Pneumonia vaccine is recommended for people under the age of 5, over the age of 65, and any adults who are at increased risk
 - The Pneumonia vaccine will prevent illness against the most common type of bacterial pneumonia

What Puts Me at Increased Risk of Pneumonia?

- Weakened immunity due to:
 - Malnutrition/lack of rest
 - Other health related illnesses (chronic heart or lung disease; HIV)
 - Other health related circumstances (houselessness or older age)
- Smoking, inhaling, or injecting any substances
 - Use your own supplies!



Other Information & Resources

Some Other Pneumonia Facts:

- There are other complications that can arise from developing pneumonia, such as:
 - Lung abscesses
 - Respiratory failure
 - Sepsis
- Pneumonia is one of the most common reasons for hospitalization among people who use drugs
- **Viral Pneumonia** is less common than bacterial (about one third of cases) and usually clears on its own
- **Mycoplasma Pneumonia** is known as “walking pneumonia” and is considered atypical, due to a sometimes absence of symptoms.
- Prevalence: Pneumonia causes about 50,000 deaths per year in the U.S. ¹

Local Resources:

Maine Primary Care Association
(Medical Care/Testing/Vaccinations)
<https://mepca.org/community-health-centers/locations/>
207-621-0677

Maine Hannaford Pharmacies
(Pneumonia Vaccinations)
<https://www.hannaford.com/pharmacy>
(800) 213-9040

Maine Access Points
(Safer smoking & other harm reduction supplies)
<https://www.maineaccesspoints.org/>
207-370-9445

¹<https://www.lung.org/lung-health-diseases/>

Other Information About Local Pharmacy Vaccine Access:

- All pharmacies accept Mainecare, and the cost of vaccines may vary with other insurances.
- All adult vaccinations are available at Hannaford pharmacies without a prescription from a provider (Tetanus, MMR, HPV, Hep. A, Hep. B, Shingles, Pneumonia, Flu).
- Only Flu vaccinations are available at Walgreens pharmacies without a prescription from a provider.
- Access to vaccinations at pharmacies may differ depending on location and it may be helpful to call ahead

If you need assistance with or have questions about getting vaccinated or getting help with linkage to care please reach out to:

MAP's Director of Health Services,
Anna McConnell
call/text/signal 207-319-8079

MAINE ACCESS POINTS

References:

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<https://www.hopkinsmedicine.org/health/conditions-and-diseases/pneumonia>

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