When to come back after pneumonia

Signs of recovery and warning signs after you leave hospital



Use this sheet with your doctor's instructions for care at home.

You are on track

Keep to your plan

- You will still have some symptoms after leaving hospital.[1]
- Your sleep and appetite slowly return to normal.[1]
- You keep taking your antibiotics until all are finished, even if you feel better.[2]
- Your cough slowly gets better over the first couple of weeks.[1]
- Most people get better within a few weeks.[2]

See a doctor within 24 hours

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- You feel no better after a few days of antibiotics.[2]
- You feel short of breath.[2]
- You get headaches more often than usual.[1]
- You have chest pain that comes and goes, or with breathing or coughing.[2]
- Your fever comes back.[1]

Emergency signs

Go to the emergency department now, or call 997

- You struggle to breathe: choking, gasping or unable to speak.[2]
- Your skin, lips or tongue turn pale, blue or blotchy.[2]
- You suddenly feel confused, for example not knowing where you are.[2]
- Your breathing is shallow, or you must lean forward to breathe.[1]
- You cough up blood.[2]

My next appointment .....

SOURCES

1. MedlinePlus — Going home after pneumonia
2. NHS — Pneumonia

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This sheet is for education. It does not replace advice from your doctor.