

PNEUMONIA Zone Tool



Every Day:

- Take daily medicines / inhalers
- Use oxygen as prescribed
- At all times, avoid cigarette smoke and inhaled irritants
- Continue regular light exercise
- Eat a healthy diet and drink plenty of fluids
- Limit alcohol intake
- Get plenty of rest
- Reduce stress

GREEN ZONE: All Clear!

This zone is your goal. Keep up the good work if...

- You are able to do your usual activity and exercise
- There is no increase in amounts of coughing / phlegm / mucus (clear or white in color)
- You sleep well at night
- Your appetite is good

YELLOW ZONE: Caution!

This zone is a warning and you should call your doctor if...

- You have fever of 101 degrees Fahrenheit or more and chills for more than 24 hours
- Your cough is getting worse
- There is an increase in the amount of phlegm / mucus (yellow or green in color, bloody, or has odor)
- You begin to cough up blood
- You are not able to do normal activities because of breathing problems
- You are sleeping poorly or are woken up with shortness of breath
- You have difficulty lying flat or need to sleep in a chair (if this is a change). You need an increased number of pillows.

RED ZONE: Emergency!

Call 911 or have someone take you to the Emergency Room if...

- You have severe shortness of breath or wheezing
- You have unusually fast breathing
- You are confused or not thinking clearly
- Your lips or fingernails are blue or gray
- You have chest pain or pressure
- You feel anxious or cannot sit still

Key Contacts- Fill in numbers for:

Primary Physician: _____ **Cardiologist:** _____

Other: _____