

Pneumonia Zones

Every Day	<ul style="list-style-type: none"> • Take daily medicines/inhalers. • Use oxygen as ordered. • Continue cough and deep breathing exercises. • Avoid cigarette smoke and other inhaled irritants at all times. • Continue regular light exercise. • Eat a healthy diet. Drink plenty of fluids. • Avoid drinking alcohol. • Get plenty of rest. • Reduce stress. • Wash your hands often.
Green Zone	<p style="text-align: center;">ALL CLEAR! This zone is your goal. Your symptoms are under control.</p> <ul style="list-style-type: none"> • Usual activity and exercise level • Usual amounts of coughing/phlegm/mucus • Sleep well at night • Appetite is good
Yellow Zone	<p style="text-align: center;">CAUTION! This zone is a warning!</p> <p>Call your home care nurse at _____, or Call your doctor at _____.</p> <ul style="list-style-type: none"> • Unusually fast breathing • Cough getting worse • A change in color or amount of phlegm/mucus • Not able to do normal daily activities because of breathing • Sleeping poorly or shortness of breath wakes you up • You have to increase the number of pillows needed to sleep or need to sleep in a chair • Temperature is 101°F (38.3°C) or greater
Red Zone	<p style="text-align: center;">EMERGENCY Zone!! Call 911 or have someone take you to the Emergency Room!</p> <ul style="list-style-type: none"> • Severe shortness of breath/wheezing • Chest pain that changes as you breathe • Fever or shaking chills • Increased confusion or very drowsy • Coughing up blood • Your lips or fingernails are blue