



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>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>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>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