





# Pneumonia Zones—See back for Daily Treatment Plan



<p><b>Green Zone</b></p>	<p><b>All Clear—This zone is your goal. Your symptoms are under control.</b></p> <ul style="list-style-type: none"> <li>• No Shortness of Breath</li> <li>• Your temperature is under 101°</li> <li>• No decrease in activity—You’re feeling better every day</li> </ul>	<p><b>Green zone means:</b></p> <ul style="list-style-type: none"> <li>• Your symptoms are under control.</li> <li>• Follow your treatment plan</li> <li>• Take medications as ordered. <b>Do not stop taking your antibiotics if you are feeling better</b></li> </ul>
<p><b>Yellow Zone</b></p>	<p><b>Caution—This zone is warning.</b></p> <ul style="list-style-type: none"> <li>• You have increased shortness of breath</li> <li>• Continued fever after 72 hours.</li> <li>• Taking fluids poorly</li> <li>• Sputum changing color from clear to yellow/green.</li> <li>• Feeling worse instead of better after 72 hours.</li> </ul>	<p><b>Yellow zone means:</b></p> <ul style="list-style-type: none"> <li>• Your medication needs to be adjusted.</li> <li>• Call your health care provider in the next 24 hours.</li> </ul>
<p><b>Red Zone</b></p>	<p><b>Medical Alert—This zone is an emergency</b></p> <ul style="list-style-type: none"> <li>• You have more trouble breathing or your breathing seems faster than normal.</li> <li>• If you are confused and cannot think clearly.</li> <li>• You have chest pain.</li> </ul>	<p><b>Red zone means:</b></p> <p><b>Seek Medical Help Right Away.</b></p> <p><b>Call your doctor now, go to the emergency room or call 911.</b></p> <hr/>

# My Daily Treatment Plan for Managing Pneumonia

 <p><b>Activity</b></p>	<ul style="list-style-type: none"><li>• Get plenty of rest. Rest or nap during the day as needed.</li><li>• Slowly start to do more each day.</li><li>• Deep breathing and coughing can help clear your lungs. Use a disposable tissues instead of a handkerchief. Throw used tissues away. Wash your hands.</li></ul>
 <p><b>Nutrition</b></p>	<ul style="list-style-type: none"><li>• Eat a healthy diet. Choose fruits, vegetables, lean meats or other proteins, whole grains, and low-or no-fat daily products.</li><li>• Take at least 8 cups (8 ounce cup) of fluids a day to loosen secretions unless ordered not to by your doctor.</li></ul>
 <p><b>Medications</b></p>	<ul style="list-style-type: none"><li>• Take your medicine your doctor prescribes until the prescription is finished-even if you are feeling better. If you stop the medicine too soon, the pneumonia may come back.</li><li>• Do not take medicine to suppress your cough. You can take a medicine to loosen secretions (sometimes called an expectorant) if your doctor allows.</li></ul>
 <p><b>Home Care</b></p>	<ul style="list-style-type: none"><li>• Do not smoke or allow others to smoke around you.</li><li>• Keep your flu shots current. Ask your doctor about the pneumonia shot.</li><li>• A warm compress or heating pad on lowest level (not hot) can be used for chest discomfort. Use several times a day for 15-20 minutes.</li><li>• Use a cool-mist humidifier (distilled water only) in your bedroom. Clean daily with soap &amp; water.</li><li>• Brush your teeth twice a day. This removes germs that can cause pneumonia.</li></ul>