



# Pneumonia Zone Tool

<p><b>Every Day</b></p>	<ul style="list-style-type: none"> <li>• Take daily medicines/inhalers</li> <li>• Use oxygen as prescribed</li> <li>• At all times, avoid cigarette smoke, inhaled irritants</li> <li>• Continue regular light exercise</li> <li>• Eat a healthy diet, drink plenty of fluids</li> <li>• Limit alcohol intake</li> <li>• Get plenty of rest</li> <li>• Reduce stress</li> <li>• Check which zone you are in (Green, Yellow or Red)</li> </ul>
<p><b>Green Zone</b></p>	<p><b>ALL CLEAR! This zone is your goal. Keep up the good work!</b></p> <ul style="list-style-type: none"> <li>• You are able to do your usual activity and exercise</li> <li>• You have no increase in amounts of coughing/phlegm/mucus</li> <li>• You sleep well at night</li> <li>• Your appetite is good</li> </ul>
<p><b>Yellow Zone</b></p>	<p><b>CAUTION!! This zone is a warning and you should call your doctor if...</b></p> <ul style="list-style-type: none"> <li>• You have fever of 101 degrees Fahrenheit or more and chills</li> <li>• Your cough is getting worse</li> <li>• There is an increase in the amount of phlegm/mucus</li> <li>• You begin to cough up blood</li> <li>• You are not able to do normal activities because of breathing problems</li> <li>• You are sleeping poorly or are woken up with shortness of breath</li> <li>• You have difficulty lying flat or need to sleep in a chair</li> </ul>
<p><b>Red Zone</b></p>	<p><b>EMERGENCY!!! Call 911 or have someone take you to the Emergency Room!!</b></p> <ul style="list-style-type: none"> <li>• You have severe shortness of breath or wheezing</li> <li>• You have unusually fast breathing</li> <li>• You are confused and cannot think clearly.</li> <li>• Your lips or fingernails are blue or gray</li> </ul>

References: [www.ihl.org](http://www.ihl.org)  
CareNotes® **COMMUNITY-ACQUIRED PNEUMONIA - General Information**

Key Contacts- Fill in numbers for:

Primary Physician: \_\_\_\_\_

Pulmonologist: \_\_\_\_\_

VNA: \_\_\_\_\_

Other: \_\_\_\_\_

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