

**PNEUMONIA ZONES FOR MANAGEMENT**

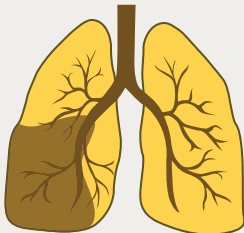
**GREEN ZONE: ALL CLEAR** **GREEN ZONE MEANS**



- Minimal cough
- No fever
- Able to do usual activities
- No new symptoms
- No chest pain

- Your symptoms are under control
- Continue taking your medications as ordered
- Continue activity as tolerated
- Keep all physician appointments

**YELLOW ZONE: CAUTION** **YELLOW ZONE MEANS**



**If you have any of the following signs and symptoms:**

- Increased cough and/or sputum production
- Increased shortness of breath with usual activity level
- Fever/chills
- Change in usual energy level: increase in either fatigue or restlessness
- Anything else unusual that bothers you

**Call your home healthcare nurse if you are going into the YELLOW zone.**

Your symptoms may indicate that you need an adjustment of your medications. **Please bring your medications whenever you go to your doctor or to the hospital. Please call your home healthcare nurse or physician:**

Name: \_\_\_\_\_  
 \_\_\_\_\_  
 Number: \_\_\_\_\_  
 Appointment: \_\_\_\_\_  
 \_\_\_\_\_  
 Instructions: \_\_\_\_\_  
 \_\_\_\_\_

**RED ZONE: MEDICAL ALERT** **RED ZONE MEANS**



- Unrelieved shortness of breath: shortness of breath at rest
- Unrelieved chest pain
- Cough or chest tightness at rest
- Need to sit in a chair to sleep
- Fever/chills
- Confusion
- Loss of appetite

**Call your physician immediately if you are going into the RED zone.**

This indicates that you need to be evaluated by a physician right away. **Please bring your medications whenever you go to your doctor or to the hospital.**

Name: \_\_\_\_\_  
 \_\_\_\_\_  
 Number: \_\_\_\_\_

**If you cannot contact your physician, call 911.**