



Pneumonia Zone Tool

Name _____

Date _____

Everyday: Do not smoke and avoid secondhand smoke.

Green Zone: In Control (all below)

- ✓ I am breathing easily.
- ✓ I have no fever.
- ✓ I am not coughing, wheezing, or experiencing chest tightness or shortness of breath.
- ✓ I can do normal activities.



Green Means I Should:

- ✓ Continue to take my medicine as ordered.
- ✓ Balance activity and rest periods.
- ✓ Drink plenty of water, unless ordered otherwise.
- ✓ Take a deep breath and cough 2–3 times every hour to open up my lungs. (Coughing helps to clear my airways.)

Yellow Zone: Caution (any below)

- ✓ I have more or a change in the color of my mucus (phlegm).
- ✓ I am coughing or wheezing more than usual.
- ✓ I become short of breath with activity.
- ✓ I have a fever of 100.4 F or greater.
- ✓ Need more pillows or need to sleep sitting up.
- ✓ I have loss of appetite, low energy, or fatigue.



Yellow Means I Should:

- ✓ Contact my doctor and share my symptoms.

Doctor: _____

Phone: _____

Red Zone—Medical Alert! (any below)

- ✓ I am having unrelieved shortness of breath.
- ✓ I have a change in the color of my skin, nails, or lips to gray or blue.
- ✓ I have chest pain that will not go away.
- ✓ I have a fast or irregular heartbeat.
- ✓ I feel confused or can't think clearly.



Red Means I Must:

- ✓ **Take action!**
- ✓ **Call 9-1-1 immediately!**