

PNEUMONIA ZONES

<p>Everyday</p>	<p>Every day:</p> <ul style="list-style-type: none"> ✓ Take your medicine exactly as directed ✓ Balance activity and rest periods ✓ Drink plenty of water, unless ordered otherwise ✓ Coughing helps to clear your airways. Take a couple of deep breaths 2-3 times every hour. Deep breaths help to open up your lungs. ✓ Keep pneumonia and flu vaccinations up-to-date ✓ Wash hands often; avoid touching your eyes, nose and mouth with your hands <p style="text-align: center;">Which PNEU zone are you in today? Green, Yellow, or Red</p>
<p>Green Zone</p>	<p>All Clear, <u>This zone is your goal</u> Your symptoms are under control You have:</p> <ul style="list-style-type: none"> • No shortness of breath, coughing, wheezing, chest tightness • No fever • You can participate in your usual activities, exercises • No change in the usual amount/color/odor of phlegm/mucus, <i>it should be white/clear</i> • You are sleeping like you usually do • You are thinking clearly
<p>Yellow Zone</p>	<p>CAUTION <u>This zone is a warning</u> Call your doctor's office if:</p> <ul style="list-style-type: none"> • You have a fever • The mucus changes color/amount/odor (<i>ex. Looks yellow/green; more mucus than usual</i>) • You have shortness of breath/wheezing • Trouble sleeping (waking up at night); need to sleep in a chair, using more pillows • Coughing a lot more than usual
<p>Red Zone</p>	<p>EMERGENCY Go to the emergency room or call 911 if you have any of the following:</p> <ul style="list-style-type: none"> • Struggling to breathe. Unrelieved shortness of breath while resting • Skin is grayish in color or lips/finger tips are blue or dark in color • Coughing up blood • You have a fever or shaking chills • Have chest pain/irregular heart beat/palpitations • Feeling confused, drowsy, dizzy, faint, or anxious • Difficulty in speaking or slurred speech

For help quitting from JCMC, call I QUIT SMOKING program, at 1800-45-SMOKE or 1800-457-6053