Pneumonia Self-Management Plan

Name	Date
 Green Zone: In Control ✓ I am breathing easily. ✓ I have no fever. ✓ I am not coughing, wheezing, or experiencing chest tightness or shortness of breath. ✓ I am able to maintain my normal activity level. 	 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 I have an increase or change in the color of my mucus (phlegm). 	Yellow Means I Should: ✓ Contact my physician, and share my symptoms.
 I am coughing or wheezing more than usual. I become short of breath with activity. I have a fever of 100.5 F or greater oral or 99.5 F or greater under the arm. Need more pillows or need to sleep sitting up. 	Physician Contact: Doctor: Phone:
Red Zone—Medical Alert!	Red Means I Must:

- ✓ I am experiencing unrelieved shortness of breath.
- I have a change in the color of my skin, nails, or lips to gray or blue.
- ✓ I have unrelieved chest pain.
- ✓ I experience an increased or irregular heartbeat.

- ✓ Take action!
- You need to go to the Emergency Room or call 9-1-1 immediately!

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