

# Pneumonia stoplight tool

Which zone are you in today: **green**, **yellow** or **red**?

Doctor/Provider: \_\_\_\_\_

Phone: \_\_\_\_\_



## Green Zone

**I'm feeling good.**

- My breathing is normal for me.
- I can do my usual daily activities.
- I have my usual amount of coughing and mucus is clear.
- I can stay focused and complete tasks.

**If you have difficulty swallowing or Aspiration Pneumonia:**

- I am eating and drinking without difficulty.
- I am sitting in a chair or upright in bed while eating or drinking.
- I am following the special diet my doctor/provider or speech therapist has recommended.

## How I'll prevent symptoms today

**I will:**

- Eat a healthy diet and limit spicy food.
- Avoid distractions while eating.
- Avoid cigarette smoke and inhaled irritants.
- Use oxygen as prescribed by my doctor/provider.
- Avoid people that have symptoms of being sick (flu, colds, etc.).
- Practice good handwashing throughout the day.
- Take my medicine as prescribed.
- Keep my doctor/provider appointments.
- Get my flu and pneumonia vaccine when my doctor/provider recommends.



## Yellow Zone

**I'm not feeling good.**

- I have a cough, wheezing, or trouble breathing that is new or worse than my normal.
- I have more mucus, thicker mucus, or my mucus has changed in color (green or brown mucus).
- I am running a fever greater than 101 degrees Fahrenheit for more than 24 hours.
- I am having chills, body aches, chest pain, or nausea.
- I am restless, confused, or cranky.
- I have less energy for my daily activities.
- I am not sleeping well because of how I feel.
- I am feeling more tired than normal.
- I don't feel like eating as I normally do.

## Caution!

**Take action TODAY. I will:**

- Report these symptoms to my doctor/provider without delay.
- Continue to take my antibiotic medications as prescribed until **all pills are gone**.
- Do deep breathing and use my incentive spirometer.
- Check my oxygen level with my pulse oximeter as recommended by my doctor/provider.
- Call my doctor/provider if my symptoms do not improve.
- \_\_\_\_\_
- \_\_\_\_\_



## Red Zone

**I feel awful!**

- I have trouble breathing or chest pain, even when I'm resting.
- I am unable to do any activity because of trouble breathing.
- I am feeling confused, disoriented, agitated, or very drowsy.
- I have a fever or shaking chills.
- I have a blue color around my lips or fingers.
- I am coughing up blood.

## Get help!

**Take action NOW:**

- **CALL 911 or seek medical care RIGHT AWAY.**
- While getting help, do this:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_