

Pneumonia Education Tool



Green Zone: All Clear

- Easy breathing
- No fever
- No coughing, wheezing/ chest tightness or shortness of breath during the day or night
- No decrease in activity level



Yellow Zone: Caution

- Phlegm that increases in amount or changes in color or becomes thicker than usual
- Increased coughing, wheezing or shortness of breath with activity
- Fever of 100.5 F oral or 99.5 F under the arm
- Increased number of pillows or needing to sleep sitting up



Red Zone: Medical Alert

- Unrelieved shortness of breath
- Change in the color of skin, nails or lips to gray or blue
- Unrelieved chest pain
- Increased or irregular heart beat



C E N T R A

Home Health

Lynchburg

434.200.4111

Farmville

434.315.2550

AtHomeWithCentra.com

Action Plan



Green Zone Actions

- Symptoms under control
- Continue medications as ordered
- Continue daily weights
- Keep all physician appointments



Yellow Zone Actions

- Your symptoms may indicate you need adjustment of medications
- Call your physician



Red Zone Actions

- **Call 911!!!**



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