# Pneumonia Stoplight Tool

## Every Day
- Take daily medicines/inhalers.
- Use oxygen as prescribed.
- At all times, avoid cigarette smoke, inhaled irritants.
- Continue regular light exercise.
- Eat a healthy diet and drink plenty of fluids.
- Limit alcohol consumption.
- Get plenty of rest.
- Reduce stress.
- Check which zone you are in (Green, Yellow or Red).

## Green Zone
- You are able to do your usual activity and exercise.
- You have no increase in amounts of coughing/phlegm/mucus.
- You sleep well at night.
- Your appetite is good.

**ALL CLEAR! This zone is your goal. Keep up the good work!**

## Yellow Zone
- You have a fever of greater than 101 degrees Fahrenheit and chills.
- Your cough is getting worse.
- There is an increase in the amount of phlegm/mucus.
- You begin to cough up blood.
- You are not able to do normal activities because of breathing problems.
- You are sleeping poorly or wake up with shortness of breath.
- You have difficulty lying flat or need to sleep in a chair.

**CAUTION! This zone is a warning and you should call your doctor.**

## Red Zone
- You have severe shortness of breath or wheezing.
- You have unusually fast breathing.
- You are confused and cannot think clearly.
- Your lips or fingernails are blue or gray.

**EMERGENCY! Call 911 or have someone take you to the Emergency Room!**