

Pneumonia Stoplight Tool

<p>Every Day</p>	<ul style="list-style-type: none"> • 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).
<p>Green Zone</p>	<ul style="list-style-type: none"> • 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. <p>ALL CLEAR! This zone is your goal. Keep up the good work!</p>
<p>Yellow Zone</p>	<ul style="list-style-type: none"> • 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. <p>CAUTION! This zone is a warning and you should call your doctor.</p>
<p>Red Zone</p>	<ul style="list-style-type: none"> • 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. <p>EMERGENCY! Call 911 or have someone take you to the Emergency Room!</p>