

Pneumonia Self-Management Plan

Name _____ Date _____

Do not smoke and avoid secondhand smoke.

☐ Brush your teeth two times daily to decrease oral bacteria. ☐ Stay up to date with your vaccines.

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.
- ✓ Resume a well-balanced diet or the specific diet your doctor recommended.
- ✓ 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).
- ✓ I am coughing or wheezing more than usual.
- ✓ I become short of breath at rest or with activities.
- ✓ I have a fever of 100.5°F or greater by mouth, or 99.5°F or greater under the arm.
- ✓ Need more pillows or need to sleep sitting up.
- ✓ I have loss of appetite, low energy, or fatigue.



Yellow Means I Should:

- ✓ Contact my doctor and share my symptoms.

Doctor Contact:

Doctor: _____

Phone: _____

Red Zone—Medical Alert!

- ✓ I am experiencing unrelieved shortness of breath.
- ✓ I have changes in the color of my skin, nail beds, or my lips are gray or blue.
- ✓ I have unrelieved chest pain.
- ✓ I experience an increased or irregular heartbeat.
- ✓ I feel confused or can't think clearly.



Red Means I Must:

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

American Lung Association. Pneumonia. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/pneumonia/symptoms-and-diagnosis>

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