

# Respiratory Infection Self-Management Plan

Flu, RSV, Pneumonia, and COVID-19

Name \_\_\_\_\_ Date \_\_\_\_\_

Do not smoke and avoid secondhand smoke.

Stay up to date with your vaccines.

RSV = respiratory syncytial virus

## Green Zone: In Control

- ✓ I can breathe easily without shortness of breath.
- ✓ I am not experiencing chest tightness.
- ✓ My energy level is nearly normal.
- ✓ I can think clearly.



## Green Means I Should:

- ✓ Use oxygen if prescribed by my doctor/healthcare provider.
- ✓ Check my oxygen level (pulse oximetry) if ordered by my doctor/healthcare provider.
- ✓ Keep a diary of my oxygen levels so I can review with my doctor/healthcare provider.

## Yellow Zone: Caution

- ✓ My breathing is fast.
- ✓ I have a new or worsening cough.
- ✓ I am having trouble catching my breath.
- ✓ My heartbeat feels much faster than usual.
- ✓ I have a fever.
- ✓ I feel cold and am shivering—I can't get warm.
- ✓ My thinking is slow—my head feels "fuzzy."



## Yellow Means I Should:

- ✓ Be evaluated by my doctor.
- ✓ Call or message my doctor.  
(Do not go to the doctor's office unless instructed to do so.)
- ✓ Share my symptoms and follow their directions.

### If receiving home health care services:

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

### My doctor:

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

## Red Zone—Medical Alert!

- ✓ My breathing is very fast.
- ✓ I can't catch my breath and can't speak an entire sentence.
- ✓ I have changes in the color of my skin, nail beds, or my lips are gray or blue.
- ✓ I am having chest pain.
- ✓ I can't eat or drink.
- ✓ I am confused.
- ✓ I can't stay awake.



## Red Means I Must:

- ✓ **Take action!**
- ✓ **Call 9-1-1 immediately!**

Tell the operator that I am showing severe symptoms of respiratory infection or COVID-19!

Sources: Centers for Disease Control and Prevention (CDC). *Coronavirus Disease 2019 (COVID-19): Symptoms of Coronavirus*. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.  
CDC. *COVID-19: How to Protect Yourself and Others*. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>.

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