

PNEUMONIA TOOL FOR SYMPTOMS MANAGEMENT

GREEN ZONE

UNDER CONTROL

YOUR GOAL:

- > Activity and exercise level as usual
- > No cough or and phlegm/mucus as usual
- > Sleeps well at night
- > Appetite is good
- > No fever

YOU ARE IN CONTROL

- > Your condition is under control
- > Continue taking medications as ordered
- > Continue regular exercise/diet plan
- > Avoid cigarette smoke, environmental irritants

YELLOW ZONE

CAUTION

If you have any of the following signs and symptoms:

- > Increased shortness of breath
- > Lack of energy for daily activities
- > Increased or thicker phlegm/mucus
- > Coughing more than usual
- > Shortness of breath while performing daily activities (walking, dressing, eating, bathing)
- > Poor/lack of appetite

TAKE ACTION TODAY

- > These symptoms may indicate that the medications need to be adjusted
- > Get plenty of rest
- > Avoid cigarettes/environmental irritants at all times
- > Call your physician, nurse coordinator, or home health nurse

RED ZONE

MEDICAL ALERT

If you have any of the following signs and symptoms:

- > Severe shortness of breath, even at rest
- > Unable to perform any activity because of shortness of breath
- > Not able to talk because of shortness of breath
- > Fever, shaking, or chills
- > Feeling confused or very drowsy
- > Coughing up blood

TAKE ACTION NOW

- > These symptoms may indicate that you need to be evaluated by a physician immediately

Call your physician
IMMEDIATELY if you are having red zone Symptoms

Physician Name:
Physician #:

Call your physician
IMMEDIATELY if you are having red zone Symptoms

PNEUMONIA TOOL FOR SYMPTOMS MANAGEMENT

EVERY DAY

- > Take your medications as prescribed
- > Wash your hands frequently, especially after blowing your nose, going to the bathroom, and before eating or preparing foods
- > Don't smoke; tobacco damages your lung's ability to fight off infection, and smokers have been found to be at higher risk of getting pneumonia
- > Practice good habits; healthy diet, rest and regular exercise can help you from getting sick from viruses and respiratory illnesses
- > Be aware of any respiratory infection that remains more than a few days

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