

My Action Plan for Pneumonia

<p>Every Day</p>	<p>Things I Will Do Every day:</p> <ul style="list-style-type: none"> • Do not smoke. Stay away from smoky areas. • Check my temperature. • Take deep breaths and cough every hour while awake to clear my lungs. • Take my antibiotic until it is all gone, even when I feel better. • Drink 8-10 glasses of clear fluids if my doctor says this is ok. • Balance activity and rest periods. 	
<p>Green Zone</p>	<p>I Feel Normal for Me</p> <ul style="list-style-type: none"> • No change in phlegm color. • No problems breathing or it is no harder to breathe than usual. • No fever or fever improving. • No night sweats (Not sweating when I sleep). • No chest pain. 	<p>Action – I Will: Keep doing the things I do every day.</p>
<p>Yellow Zone</p>	<p>Caution – I Feel Worse</p> <ul style="list-style-type: none"> • Worsening fever. • More problems breathing than usual. • Worsening cough. • I am coughing up more sputum (phlegm) than usual. 	<p>Action – I Will:</p> <ol style="list-style-type: none"> 1. Call my main caregiver _____ Phone # _____ 2. Then I will: Call my doctor _____ Phone # _____ Call my home health nurse Phone # _____
<p>Red Zone</p>	<p>Danger – I Feel Much Worse</p> <ul style="list-style-type: none"> • Hard to breathe, does not get better with rest. • Chest pain when not coughing. • Confusion. 	<p>Action – I Will: Call 911</p>