

Follow up - Appointment within 48 to 72 hours after leaving the hospital. Date: _____

Pneumonia

GREEN ZONE: ALL CLEAR

- I can breathe easily without pain.
- I do not have a fever.
- I have enough energy to walk in my house, shower, make and eat meals.
- I am taking my antibiotics without nausea or diarrhea.

GO

Keep up the good work!

GREEN ZONE MEANS:

- Your pneumonia is getting better.
- Rest as needed, eat healthy, don't smoke.
- Keep taking antibiotics, even if you feel better.
- If coughing keeps you awake at night, sleep in a semi-upright position or drink warm fluids.
- Protect yourself, friends and family by covering your cough, washing hands, and asking your doctor about the pneumonia vaccine.

YELLOW ZONE: CAUTION

- I am having a harder time breathing.
- I am having new chest pain that changes when I breathe.
- I have coughing that is getting worse or doesn't go away.
- I have a cough that is producing yellow or green phlegm.
- I get tired more easily or have difficulty taking care of myself.
- I have no appetite, I am nauseous or have diarrhea
- I am running a fever over 100.4 degrees .

CAUTION

Step up treatment!

YELLOW ZONE MEANS:

- Your pneumonia is not improving or is getting worse.
- Nausea or diarrhea may be a result of antibiotics **DO NOT** stop medications without talking to your doctor.
- Please call your care provider:

Care Provider _____
Phone Number _____

- **MultiCare Consulting Nurse:**
253.792.6300

RED ZONE: MEDICAL ALERT

- I can't catch my breath even when sitting.
- I can't stop coughing or have chest pain that does not go away.
- I have a new fever over 102 degrees.
- I am confused or cannot think clearly.

STOP

Get help now!

RED ZONE MEANS:

You need to call
911 NOW !

