


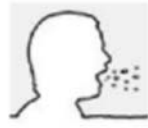





“Red Flags” Symptom Exacerbation: Pneumonia Tool

Preventing pneumonia at home

How do I feel today?

	 Green zone No signs of pneumonia.	 Yellow zone Take action today. Call: _____	 Red zone Take action now! Call: _____
Do I have a cough? 	No cough or cough is normal. If I cough up mucus, it looks white.	My cough is worse than normal. I am coughing up mucus that looks: <ul style="list-style-type: none"> • Yellow • Green • Streaked with blood 	My cough is lasting longer than a normal cold. Pain in my chest that does not go away.
Do I have a fever? 	No fever.	Fever of 100 – 101.5	Fever over 101.5
How is my energy level? 	My energy level is normal.	I am too tired to do most of my normal activities.	I am so tired that I can hardly do any of my normal activities.
Am I short of breath? 	My breathing is normal. I am not short of breath.	I am short of breath or cough while: <ul style="list-style-type: none"> • Walking or talking • Eating • Bathing or dressing 	I am short of breath at rest. I do not feel alert.

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My plan for preventing pneumonia at home

Things I can do to prevent pneumonia:

- Brush my teeth and use an “antiseptic” mouth wash.
- Wash my hands often using soap and warm water.
- Stay away from people who have coughs or colds.
- Eat healthy foods and drink water.
- Have a plan for getting help when I am in the yellow zone.

Look for signs of infection:

- Change in cough or mucus.
- Trouble breathing or shortness of breath.
- Feeling more tired than normal.
- Fever over 100

Other ideas:

How I will do them:

Your care team will work with you to set goals so you can stick to your plan.

10/2013