

GREEN LIGHT TO GO!

PNEUMONIA ZONES

EVERY DAY

- Take your medication exactly as directed. Don't skip doses.
- Continue taking your antibiotics as directed until they are all gone — even if you start to feel better. This will stop the pneumonia from coming back.
- Coughing helps clear your airways. It is important to take deep breaths many times every hour.
- Strongly recommended: Get your pneumonia vaccines.
- Strongly recommended: Get a flu vaccine every year!

Which ZONE are you in today? ● GREEN ● YELLOW ● RED

GREEN ZONE

ALL CLEAR: This is your goal zone.

- Fever getting better.
- Your coughing, wheezing, chest tightness, or shortness of breath should be getting better.
- No chest pain.
- You should have more energy.
- You are able to eat and drink normally.

YELLOW ZONE

WARNING ZONE: Call your physician.

- More sputum (phlegm), changes in color or thickness of sputum.
- Coughing more.
- More shortness of breath.
- You are not drinking liquids.
- You need more pillows to sleep.
- Fever above 101°F.

Anything else unusual that bothers you.

RED ZONE

MEDICAL ALERT ZONE: Call 911 if you have:

- Shortness of breath that does not go away or at rest.
- Chest pain that does not go away.
- Wheezing or chest tightness at rest.
- Coughing up blood.
- Change in the color of your skin, nails, or lips to blue or gray.
- Confusion or trouble thinking.

Provider: _____

Number: _____

GULF COAST VETERANS HEALTH CARE SYSTEM | MMS, 18-119B, 2/2018V

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
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