



# Pneumonia Zone Tool

## ALL CLEAR ZONE

This is the safety zone if you have:

- Easy breathing
- No fever
- No chest pain, persistent and /or increased coughing, feeling tired, wheezing/chest tightness or shortness of breath during the day or night.
- No decrease in activity level and can maintain a normal activity level

## WARNING ZONE

Call your doctor if you have:

- Sputum (phlegm) that increases in amount or changes in color or becomes thicker than usual
- Increased coughing or wheezing
- Shortness of breath with activity
- Fever of 100.5°F oral or 99.5°F under the arm
- The need to sleep sitting up or to use more pillows to help elevate your head and chest to help you breathe while sleeping

## MEDICAL ALERT ZONE

Go to the Emergency Room or call 911 if you have:

- Shortness of breath that does not go away
- Change in the color of your skin, nails or lips that turn gray or blue
- Chest pain that does not go away
- Increased or irregular heart beat
- Feeling confused or disoriented
- A fever of 100.5°F oral or 99.5°F under the arm, shivering or feeling very cold

**Note:** This list does not include all possible symptoms. Please call your doctor if you are concerned about any other symptoms you are experiencing.



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## Protect Yourself And Others

**Wash hands frequently for at least 20 seconds with soap and water. If soap and water is not available use hand sanitizer.**

**Cover your mouth and nose with a mask or a clean scarf when you go outside.**

**Practice social distancing and stay at least six feet apart.**

**Cover your sneeze or cough.**

### **REMEMBER:**

- If you receive a prescription for antibiotics, finish all of the medication, per orders, even if you feel better.
- Keep your doctor appointments.
- Take all the medications you are taking to your doctor appointments.
- Ask your doctor about getting pneumonia and COVID-19 vaccines, as recommended by the Centers for Disease Control and Prevention.
- Get a flu shot every year.

For more information or to file a grievance, please contact:

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911 E. 86th St., Ste. 30  
Indianapolis, IN 46240  
Toll-Free: 800-456-6919

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2300 Main St., Ste. 900  
Kansas City, MO 64108  
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