

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 100.5F oral or 99.5F 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 100.5F oral or 99.5F 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.

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 sneeze or cough.



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.



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.

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