

My Action Plan for Pneumonia (Adult)

Name _____ Date _____

Use this plan to do a daily check while recovering from your pneumonia and report any signs in the yellow zone right away! Please bring this plan and a list of your medicines to each health provider or emergency room visit.

Things I will do each day

- Take all my medicines until they are gone, even if I feel better.
- Check my temperature.
- Do not smoke. Stay away from smoky areas.
- Take deep breaths and cough every hour while awake to clear my lungs.
- Avoid others who are sick.
- Eat healthy foods and drink plenty of water.
- Attend all follow-up appointments.
- Balance activity and rest periods.
- Use oxygen as prescribed (if applicable).

I feel normal for me

- My heartbeat and breathing are normal for me.
- My energy level is normal.
- I do not have a fever, or my fever is improving.
- My appetite is normal.
- I do not have chest pain.
- I do not have a new or worsening cough.
- I do not have unusual sweating while I sleep.

CAUTION – I need to take action

I FEEL WORSE OR DIFFERENT →

- My cough is worsening.
- I am breathing worse today or wheezing.
- I have increased mucus or a change in color.
- My heartbeat is faster than normal.
- I have a fever of 100°F to 101.4°F.
- I am too tired to do most of my usual activities.
- I feel cold and cannot get warm. I am shivering or my teeth are chattering.
- My thinking feels slow or not right.

ACTION

Call my doctor's office if I have any of the signs or symptoms listed in this yellow zone:

Name: _____

Phone: _____

DANGER – I will take action immediately

I FEEL MUCH WORSE →

- It is hard to breathe and does not get better with rest.
- I have chest pain or tightness when not coughing.
- I have blue or gray lips or fingernails.
- I have a high fever (101.5°F or above) not controlled with medication.
- I am unable to keep food or fluids down.
- I feel confused or others tell me I am not thinking clearly.
- My oxygen level is low (under 90% if using a pulse oximeter).

ACTION – I will **CALL 911** OR visit the Emergency Department

I will get help right away.

I WILL NOT drive myself.

