# Zones for Management of Pneumonia

## Green Zone: All Clear

<table>
<thead>
<tr>
<th>Your Goal O₂ saturation</th>
</tr>
</thead>
</table>

- Able to do usual activities
- No new symptoms
- No chest pain
- Your usual medications are controlling your symptoms

## Green Zone Means:

- Your symptoms are under control
- Continue taking your medications as ordered
- Continue activity as tolerated
- Keep all physician appointments

## Yellow Zone: Caution

If you have any of the following signs and symptoms:

- Increase in temperature or chills
- Increased cough and/or change in color or production of sputum
- Increase in shortness of breath with usual activity level
- Increase in the amount of quick relief medications used
- Change in usual energy level: increase in either fatigue or restlessness
- Intolerable side-effects of medications
- Anything else unusual that bothers you

**Call your Physician or healthcare team if you are going into the YELLOW zone**

## Yellow Zone: Means:

- Your symptoms may indicate that you need an adjustment of your medication

**Call your Physician and/or Healthcare team.**

<table>
<thead>
<tr>
<th>Name:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone Number:</td>
<td></td>
</tr>
<tr>
<td>Instructions:</td>
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</tbody>
</table>

## Red Zone: Medical Alert

- Unrelieved shortness of breath: shortness of breath at rest
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Need to sit in chair to sleep
- Bloody sputum
- Confusion

**Call 911 immediately if you are going into the RED zone**

## Red Zone: Medical Alert

This indicates that you need to be evaluated by a physician right away

**Call 911**

HOSPITAL: ____________________________

Adapted from Visiting Nurse Service of Rochester used with Permission