

Zones for Management of Pneumonia

Green Zone: All Clear

Your Goal O₂ saturation _____

- 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.

Name: _____

Phone Number: _____

Instructions: _____

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: _____