

Green Zone – Doing Well

If you have

- Your cough continues to lessen
- No fever or chills
- Good appetite
- No decrease in your ability to do your daily activities

Your symptoms are under control

- Take your medications as ordered
- Continue to practice deep breathing and cough techniques.
- Wear Oxygen as prescribed
- Keep all physician appointments

Keep up the good work

What this means

Yellow Zone - Getting Worse

If you have any of the following

- Increased cough or you begin to cough up blood / rust colored mucus
- Chest pain that gets worse when you cough or breath in
- Fever greater than 101 or chills
- Feeling very tired, weak or sleeping more than usual
- Loss of appetite, nausea, or vomiting

What this means

Caution

You should call your doctor; your symptoms indicate that you may need medication adjustments

- Use oxygen if prescribed
- Continue taking medications as prescribed
- If you have been prescribed an expectorant or inhaler, use as directed

Physician: _____

Phone Number: _____

If you are in the yellow zone work closely with your health care team!

Red Zone – Medical Emergency

If you have any of the following

- Symptoms are the same or getting worse after 24 hours in yellow zone
- Trouble breathing or your breathing seems faster than normal
- Confused or cannot think clearly
- Lips or fingernails turn grey or blue
- Urinating less or not at all.
- Your heart rate is more than 100

What this means

MEDICAL EMERGENCY! Get Help

- You need to be evaluated by a healthcare professional immediately.
- Go to the Emergency Room or call 911
- If possible, notify your health care provider's office

Physician: _____

Phone Number: _____

Danger! Get help immediately

Every Day!

- ✓ Take your antibiotics exactly as ordered by your doctor. Do not stop unless directed by your doctor.
- ✓ Drink plenty of fluids under the guidance of your doctor

- ✓ Practice deep breathing and coughing as directed by your doctor
- ✓ Eat healthy foods
- ✓ Balance activity and rest