

# Preventing pneumonia at home

How do I feel today?



**Green zone**

**No signs of pneumonia.**



**Yellow zone**

**Take action today.  
Call:**



**Red zone**

**Take action now!  
Call:**



<b>Do I have a cough?</b>	<p>No cough or cough is normal.</p> <p>If I cough up mucus, it looks white.</p>	<p>My cough is worse than normal.</p> <p>I am coughing up mucus that looks:</p> <ul style="list-style-type: none"> <li>• Yellow</li> <li>• Green</li> <li>• Streaked with blood</li> </ul>	<p>My cough is lasting longer than a normal cold.</p> <p>Pain in my chest that does not go away.</p>
<b>Do I have a fever?</b>	No fever.	Fever of 100 – 101.5	Fever over 101.5
<b>How is my energy level?</b>	My energy level is normal.	I am too tired to do most of my normal activities.	I am so tired that I can hardly do any of my normal activities.
<b>Am I short of breath?</b>	<p>My breathing is normal.</p> <p>I am not short of breath.</p>	<p>I am short of breath or cough while:</p> <ul style="list-style-type: none"> <li>• Walking or talking</li> <li>• Eating</li> <li>• Bathing or dressing</li> </ul>	<p>I am short of breath at rest.</p> <p>I do not feel alert.</p>

# My plan for preventing pneumonia at home

## Things I can do to prevent pneumonia:

- Brush my teeth and use an “antiseptic” mouth wash.
- Wash my hands often using soap and warm water.
- Stay away from people who have coughs or colds.
- Eat healthy foods and drink water.
- Have a plan for getting help when I am in the yellow zone.

## Look for signs of infection:

- Change in cough or mucus.
- Trouble breathing or shortness of breath.
- Feeling more tired than normal.
- Fever over 100

## Other ideas:

## How I will do them:

Your care team will work with you to set goals so you can stick to your plan.