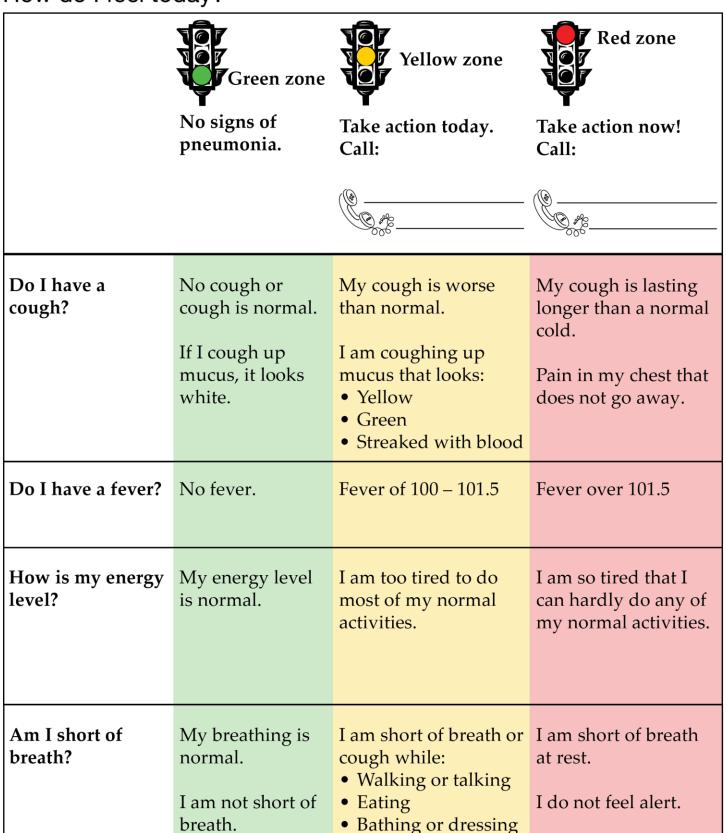
Preventing pneumonia at home



How do I feel today?



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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.