Every Day:

✓ Take your medicine exactly as it is ordered
✓ Balance activity and rest periods
✓ Drink plenty of water, unless ordered otherwise
✓ Coughing helps to clear your airways. Take a couple of deep breaths 2-3 times every hour. Deep breaths help to open up your lungs.

All Clear Zone.......................... This is the safety zone if you have:
• Easy breathing
• No fever
• No coughing, wheezing/chest tightness or shortness of breath during the day or night
• No decrease in activity level; able to maintain normal activity level

Warning Zone........................ Call your doctor if you have:
• Sputum (phlegm) that increases in amount or changes in color or becomes thicker than usual
• Increased coughing or wheezing
• Increased shortness of breath with activity
• Fever of 100.5 F oral or 99.5 F under the arm
• Increased number of pillows or needing to sleep sitting up

Medical Alert Zone .... Go to the Emergency Room or call 911 if you have:
• Unrelieved shortness of breath
• Change in the color of your skin, nails or lips to gray or blue
• Unrelieved chest pain
• Increased or irregular heart beat

Remember: ✓ Take all of the antibiotics you were given even if you feel better
✓ Keep your doctor appointments
✓ Take all the medications you are taking to your doctor appointments
✓ Ask your doctor about getting a pneumonia vaccine
✓ Get a flu shot every year