

## 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 coughing, wheezing/chest tightness or shortness of breath during the day or night
- No fever
- 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
- Take all the medications you are taking to your doctor appointments
- Keep your doctor appointments
- Ask your doctor about getting a pneumonia vaccine
- Get a flu shot every year