



Patient Health Guide: Pneumonia

How can YOU stay healthy and out of the hospital?

- Take your medicines as instructed by your doctor. This is very important so the infection in your lungs goes away. Tell your doctor or pharmacist if:
 - You cannot pay for your medicine;
 - You have trouble taking your medicine;
 - Your medicine makes you feel worse; or
 - You are worried about the side effects of your medicine.
- Wash your hands often.
- Avoid close contact with people who have a cold or the flu.
- Get a flu shot every year, and ask your doctor when you should get a pneumonia shot.
- Get plenty of rest and drink a lot of water while you are recovering.
- Keep your follow-up appointments with your doctor, even if you are feeling better.
- If you smoke, quitting will make you healthier. If you do not smoke, do not start. Avoid being in the same room with other smokers.

Disclaimer: This health guide content is based on medical literature review and is considered only general information relating to a disease management plan. The information and practices described in the guide are not intended as substitutes for clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.

What is Pneumonia?

- Pneumonia is an infection in your lungs that can cause coughing with phlegm or mucus, fever, pain when you take a deep breath, or trouble breathing. The doctor will take an X-ray of your lungs to determine if you have pneumonia.
- Taking the antibiotic your doctor prescribes is key to getting rid of the germs causing your pneumonia. **Unless your doctor tells you to stop taking it, take the medicine as prescribed for the full number of days, even if you begin to feel better.**
- Your doctor may also prescribe other medicines to help you feel better, such as cough medicine or breathing treatments if you are having trouble breathing. These medicines will most likely be taken only if you need them.

Your Symptoms

Understand **how** you are feeling and **what to do based on the Green, Yellow, and Red Zones below**. Ask questions to better understand your **pneumonia**.

Green Zone Symptoms:	“All Clear” Green Zone Means:
<input type="checkbox"/> No shortness of breath that is different for you <input type="checkbox"/> Usual amounts of cough and phlegm/mucus <input type="checkbox"/> Sleeping well or normal at night <input type="checkbox"/> Appetite is good/normal	<ul style="list-style-type: none"> • Your symptoms are under control • Continue taking your medicines • Use your oxygen as prescribed (if applicable) • Avoid smoking and inhalation irritants • Keep all appointments with your doctor
Yellow Zone Symptoms:	“Caution” Yellow Zone Means:
<input type="checkbox"/> Increased coughing/phlegm/mucus <input type="checkbox"/> Your medicine is not helping <input type="checkbox"/> You need to use your inhaler/nebulizer more often <input type="checkbox"/> Not sleeping well <input type="checkbox"/> Have a poor appetite <input type="checkbox"/> Fever returned after leaving the hospital (above 101°) <input type="checkbox"/> Anything else unusual that bothers you related to pneumonia	<ul style="list-style-type: none"> • Call your doctor to be seen as soon as possible • Your medicines may need to be changed • Use your oxygen as prescribed (if applicable) • Avoid smoking and inhalation irritants
Red Zone Symptoms:	“Medical Alert” Red Zone Means:
<input type="checkbox"/> Shortness of breath while at rest <input type="checkbox"/> Not able to do any activity due to your breathing <input type="checkbox"/> Need to sit in a chair to sleep or not able to sleep <input type="checkbox"/> Feeling confused or very drowsy <input type="checkbox"/> Coughing up blood or dark mucus <input type="checkbox"/> Continue to have a fever or chills/shaking even after going to your doctor	<ul style="list-style-type: none"> • You need immediate or urgent evaluation • Call 911 or have someone drive you to the Emergency Room

NOTES

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