Discharge information
Symptoms to look for when you go home from the hospital.

Zone Tool
Pneumonia

Every Day:
✓ Take your medicine exactly as ordered.
✓ Balance activity and rest periods.
✓ Drink plenty of water, unless ordered otherwise.
✓ Cough to help clear your airways. Take a couple of deep breaths two to three 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 and are 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
• 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.

References: [link 1], [link 2], [link 3], [link 4], [link 5]