



## General Information

Pneumonia is an infection of the lungs that can be caused by viruses, bacteria or other irritants. Pneumonia causes more deaths around the world than any other disease. It is very important that you follow-up with your doctor and follow the discharge instructions given to you. Look at your Discharge Instruction sheet for your doctor's name and phone number to make an appointment. Keep all follow up appointments.

## Lifestyle Changes

- **Follow Medications ordered by the Doctor:**  
Take your medications as ordered. One of the medications may be an antibiotic to help fight the infection. Another medication may help loosen up any mucus or secretions or help you breath. If you are not able to get or take your medications you **MUST NOTIFY YOUR DOCTOR IMMEDIATELY**. It is very important to continue the therapy that the doctors in the hospital have started.
- **Exercise:**  
Stay active, move around, it helps your lung fight off infections.
- **Rest:**  
Get plenty of rest.
- **Diet:**  
Eat a healthy diet. Drink plenty fluids.
- **Avoid Infection:**  
Wash your hands often. When you cough, cough into a tissue and throw it away or cough into your sleeve or elbow. Stay away from public places where you could be in contact with others who have colds.
- **Quit Smoking:**  
If you smoke you need to STOP. Stay away from others that smoke. For help, visit [www.smokefree.gov](http://www.smokefree.gov) or call your local quit hotline at 1-800-QUIT-NOW.
- **Get your FLU and/or PNEUMONIA vaccines.**

**Which zone are you in today? Green, Yellow, or Red**

## KNOW YOUR ZONE

Which zone are you in today?

### ALL CLEAR/GOAL ZONE

Your symptoms are under control and you have:

- No chest pain/discomfort
- No shortness of breath
- No chills, fever, nausea, vomiting, lightheadedness

### CAUTION/WARNING ZONE

This zone is a warning.

Call your doctor if you:

- Develop a fever or chills, nausea or vomiting
- Develop severe cough that is worse from when you were in the hospital with green or yellow sputum
- Develop difficulty breathing when doing activities
- Questions or concerns regarding medications
- Feeling uneasy, you know something is not right

### EMERGENCY ZONE

Call 911 if you suddenly have any of the following:

- Chest discomfort/pain
- Shortness of breath/struggling to breathe
- Other signs: fever, chills, nausea, vomiting