

# PNEUMONIA ZONES

## WARNING SIGNS & SYMPTOMS

### To do daily

- ✓ Take your medicine.
- ✓ Get annual flu & pneumonia vaccines.
- ✓ Practice good hand hygiene.
- ✓ Avoid sick people.

### Your goal

Slight to no shortness of breath.  
Slight cough.  
No chest pain.  
Able to drink liquids and eat normally.

### Call doctor's office for any of these

Fever.  
Increased shortness of breath.  
Increased coughing.  
Sputum changes color.  
Not taking liquids.  
More tired than when in the hospital.

### Call 911 or go to ER

Struggling to breathe, even when sitting or lying down.  
Chest pain.  
Confusion. Inability to think clearly.  
Coughing up blood.



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