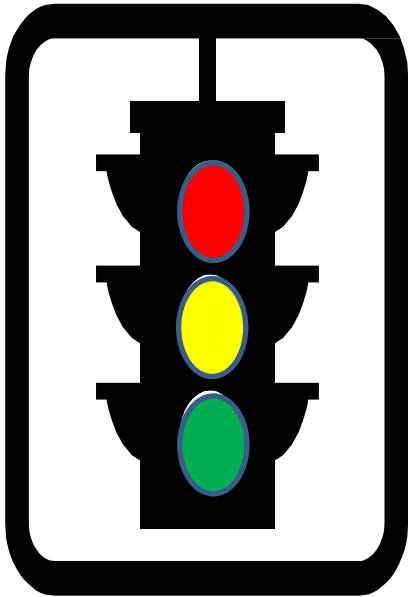


## Patient Action Plan for Pneumonia: Signs & Symptoms

Use this guide to help you report changes in your symptoms to your doctor or nurse. When you report symptoms early, you are less likely to have to go to the hospital for treatment.



**Family Doctor or  
Nurse Practitioner:**

**Phone Number:**

<b>Green Zone: I Feel Well</b>
<ul style="list-style-type: none"> <li>• I have no trouble breathing</li> <li>• I can do my normal activities</li> <li>• My symptoms have not changed</li> </ul>
<b>Yellow Zone: I Feel Different</b>
<p style="text-align: center;"><b>Call your family doctor or nurse practitioner or go to the nearest walk-in clinic within 24 hours if you experience any of the following symptoms:</b></p> <ul style="list-style-type: none"> <li>• My fever returns after three days</li> <li>• I have night sweats or unexplained weight loss</li> <li>• I am generally feeling worse instead of better after three days</li> <li>• My sputum changes colour from clear to yellow or green</li> <li>• I have side effects from my medications</li> </ul>
<b>Red Zone: I Need Help</b>
<p style="text-align: center;"><b>Call your family doctor or nurse practitioner right away or go to the Emergency Department if you experience any of the following symptoms:</b></p> <ul style="list-style-type: none"> <li>• Shaking chills</li> <li>• Shortness of breath, fast or painful breathing</li> <li>• Chest pain that worsens when coughing or inhaling</li> <li>• Vomiting, dizziness, weakness or confusion</li> </ul>

**\*\* If you do not have a family doctor or nurse practitioner, CCAC can help you find one. Call 1-888-447-4468 \*\***