

## COPD Zones

Every Day	<ul style="list-style-type: none"> <li>• Take daily medicines/inhalers.</li> <li>• Use oxygen as ordered.</li> <li>• Avoid cigarette smoke and other inhaled irritants at all times.</li> <li>• Continue regular exercise. Eat a healthy diet. Drink plenty of fluids.</li> <li>• Get plenty of rest. Reduce stress.</li> </ul>
Green Zone	<p style="text-align: center;"><b>ALL CLEAR! This zone is your goal. Your symptoms are under control.</b></p> <ul style="list-style-type: none"> <li>• Usual activity and exercise level</li> <li>• Usual amounts of coughing/phlegm/mucus</li> <li>• Sleep well at night</li> <li>• Appetite is good</li> </ul>
Yellow Zone	<p style="text-align: center;"><b>CAUTION! This zone is a warning!</b></p> <p>Call your home care nurse at _____, or Call your doctor at _____.</p> <ul style="list-style-type: none"> <li>• More breathless than usual</li> <li>• More coughing than usual</li> <li>• Increased or thicker phlegm/mucus or a change in color of phlegm/mucus</li> <li>• Feel like you have a “chest cold”</li> <li>• Using your quick relief inhaler/nebulizer more often</li> <li>• Use oxygen if ordered by your doctor: _____</li> <li>• Less energy for daily activities</li> <li>• Trouble walking or weakness</li> <li>• Not able to do any activity because of breathing</li> <li>• Rescue medicine is not helping your breathing</li> <li>• You have to increase the number of pillows needed to sleep or need to sleep in a chair</li> <li>• Temperature is 101°F (38.3°C) or greater</li> </ul>
Red Zone	<p style="text-align: center;"><b>EMERGENCY Zone!! Call 911 or have someone take you to the Emergency Room!</b></p> <ul style="list-style-type: none"> <li>• Severe shortness of breath/wheezing/chest tightness at rest or after taking medications/treatments</li> <li>• Fever or shaking chills</li> <li>• Increased confusion or very drowsy</li> <li>• Headaches with irritability</li> <li>• Chest pain</li> <li>• Coughing up blood</li> <li>• Your lips or fingernails are blue</li> </ul>