



COPD Zones

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