

Which COPD Zone are You in Today:

GREEN, YELLOW, or RED?

Do these things every day:

- Take medications as told by your healthcare provider.
- Use oxygen as prescribed.
- Do not smoke. Stay away from second-hand smoke and other irritants.
- Follow diet and activity instructions as told by your healthcare provider.

Your COPD medicines are:

My quick-relief inhaler for sudden symptoms is:

_____ (name)

My regular medications to control COPD are:

Inhaler: _____

Inhaler: _____

Other: _____

Primary Provider name & phone: _____

Green Zone



Good

Your symptoms are under control if you:

- Feel well with your usual activity level
- Have the same cough and amount of sputum (mucus) as usual
- Sleep well and have a good appetite

Do this:

- Take your regular medicines
- Follow your usual daily care as told by your healthcare provider



Yellow Zone



Caution

You are having a bad day or COPD flare-up if you:

- Feel more short of breath than usual
- Need to use your quick-relief inhaler / nebulizer more
- Notice your medicine is not helping
- Are coughing more, having more or thicker sputum (mucus), your sputum changes color, or you feel like you have a chest cold
- Have a fever (temperature 101.5° F or more) or chills
- Did not sleep well or woke up because of COPD symptoms

Do this:

- Call your healthcare provider
- Take your regular medicines
- Use (quick-relief inhaler name & dose) _____ every ____ hour(s)
- Take other medications if told by your healthcare provider _____
- Do pursed-lip breathing
- Rest
- Use oxygen as told by your doctor



Red Zone



Take Action

Call 911 and go to the emergency room if you:

- Are having a very hard time breathing, even with rest
- Can't do any activity because of a hard time breathing
- Can't sleep because of breathing problems
- Have chest pain
- Are coughing up blood
- Feel confused or can't think clearly



911

CALL 911

Do NOT drive yourself!

Lung doctor name & phone: _____