

Chronic Obstructive Pulmonary Disease (COPD)

Green Zone

CONTINUE DAILY ROUTINE



Physical activity level is normal for you





No new or worsening shortness of breath or cough




No new swelling in legs or feet

Instructions:

Continue meds as directed 

Continue daily activities 

Keep follow up appointments 

Yellow Zone

CAUTION! CHECK WITH YOUR CARE PROVIDER



Trouble sleeping due to shortness of breath or cough



Worsening shortness of breath with activity



More breathless or increased coughing/"chest cold" feeling



Increased or thicker phlegm or sputum




Increased swelling of legs and feet



Using quick relief inhaler or nebulizer more often

Instructions: Call your care provider today to report changes.

 You may need a change in your medications or you may need to be seen by your care provider.

Red Zone

WARNING! TAKE ACTION - CALL 9-1-1!



New or worsening dizziness or confusion



Severe shortness of breath at rest and unable to lie flat



Coughing up blood



Chest pain or pressure



See a care provider or call 9-1-1 right away!