

COPD

Management Zones

Use this information **EVERY DAY** to decide if you are having trouble with your breathing. Call your home care nurse if you are in the **YELLOW ZONE!**

Green Zone	Yellow Zone	Red Zone
All Clear (GOAL) - No cough, wheezing, or shortness of breathing; able to do usual activities - No need to use rescue inhalers - No changes in cough and sputum (phlegm) - Appetite is good	Caution (Warning) If you have any of the following: - Sputum (phlegm) increases, color changes, or it thickens - Cough increases or wheezing even after taking your medicines - More trouble breathing or more coughing with activity - Extra pillows to sleep - Medicine is not helping - Appetite not very good	Emergency - Trouble breathing or wheezing at rest - Hard to walk or talk - Rescue medication isn't working - Chest pain or tightness that does not go away - Must sit up to breathe - Lips or finger nails turn blue or gray - Confusion/anxiety
Doing Great! Keep it up!! - Your symptoms are under control - Take medicines as ordered - Keep all doctor appointments - Follow healthy eating habits - Continue regular exercise - Use oxygen as ordered - Stop smoking or being around others who smoke - Get annual flu shot	Act Today! - You may need your medicines changed - Actions: - Use oxygen as ordered - Take your "quick relief medicine" (rescue inhaler) Call your home care nurse (agency's phone number) - Or call your doctor (doctor's phone number)	Act NOW! - You need to be seen by a doctor right away - Actions: Call your doctor right away (doctor's phone number) - Or call 911

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