




Chronic Lung Disease Daily Management Plan

<p>GREEN ZONE (All Clear)</p> <ul style="list-style-type: none"> ❖ No unusual shortness of breath ❖ No change in cough ❖ No increase in sputum ❖ No increase in fatigue ❖ No decrease in ability to maintain normal activity 	<p>Green Zone Means...</p> <ul style="list-style-type: none"> ❖ You are doing a great job with self care! ❖ Continue taking medications ❖ Follow your exercise plan ❖ Keep doctor appointments ❖ Ask for a flu shot /pneumonia shot with your next appointment ❖ Follow special precautions during respiratory illness season or high pollution day
<p>YELLOW ZONE (Caution)</p> <p>If you have any of the following signs or symptoms:</p> <ul style="list-style-type: none"> ❖ Increased cough or sputum ❖ Fever ❖ Change in color of sputum with or without fever ❖ Nasal congestion/ sinus pressure, earache, sore throat ❖ Increased shortness of breath with activity or at rest ❖ Increased wheezing ❖ Increased use of inhalers or SVN 	<p>Yellow Zone Means...</p> <p>Call if you are in the YELLOW ZONE</p> <ul style="list-style-type: none"> ❖ Call your doctor to report your symptoms. You may need an adjustment in your medications or need to be seen. <p>Nurse: _____</p> <p>Phone # _____</p> <p>Team Nurse/Doctor: _____</p> <p>Phone # _____</p> <p>CMG Urgent Care Phone # _____</p> <p>CMG Urgent Care Address</p> <p>_____</p>
<p>RED ZONE (Medical Alert)</p> <ul style="list-style-type: none"> ❖ Unrelieved shortness of breath despite treatments or medicines ❖ Unable to complete sentences 	<p>Red Zone Means...</p> <p>This indicates that you need to be evaluated by a doctor right away. CALL 911.</p>