CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

Zones for management

Green zone: All clear
› No shortness of breath
› No cough, no change in phlegm color or production
› No weight loss
› No chest pain
› No decrease in your ability to maintain your current level of activity

If you smoke, consider quitting or smoking cessation classes

Yellow zone: Caution
› The presence of a fever
› Change in your cough
› Increased sputum production or change in phlegm color
› Increased shortness of breath with or without exertion
› Audible wheezing or chest tightness
› Weight loss
› Difficulty sleeping or increase in the number of pillows needed in order to breathe comfortably
› Increasing loss of energy
› Feelings of hopelessness, anxiety, frustration or depression
› Worsening breathing symptoms that don’t get better after taking your rescue medicine

Red zone: Medical alert
› Unrelied or worsening shortness of breath – with or without exertion
› Fast or irregular heartbeat
› Increasing weight loss
› Wheezing or chest tightness at rest
› Need to sleep upright in a chair
› If your symptoms suddenly get worse and don’t get better after taking your rescue medicine

Customer name:

Green zone means:
› Your symptoms are under control
› Continue taking your medications as ordered
› Follow your doctor’s recommended diet
› Keep all of your doctor appointments
› Continue daily exercise
› Continue to avoid secondhand smoke
› Schedule your annual flu vaccine

Yellow zone means:
› Your symptoms may indicate that you need to see your doctor
› Call your doctor or the 24-hour Nurse Line at 1-866-576-8773

Name: ______________________
Phone number: ______________________

Red zone means:
This indicates that you need to be evaluated by a doctor. Call right away.

Name: ______________________
Phone number: ______________________

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