

Zones for Management of Chronic Obstructive Pulmonary Disease (COPD)

Green Zone – (All Clear)

- No coughing, no wheezing, you are not having a hard time breathing during day or night
- Able to do normal daily activities

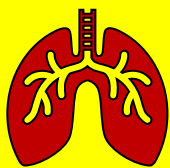
Green Zone Means:

- You have no symptoms
- Continue taking your medication as ordered
- Keep all your appointments

Yellow Zone = CAUTION

If you have any of the following signs or symptoms;

- Sputum (phlegm) that becomes thick or changes color to yellow, green, red
- Increase cough or increase wheezing even after you take your medicine
- Increase swelling or ankles and/or feet
- Increase difficulty to breath with physical or daily activity
- Weight loss or gain of 3 lbs or more in one week
- Fever of 100.5 F or higher
- If you have difficulty laying flat or sleeping in bed at night



Yellow Zone Means:

- If you have any of the symptoms, call your medical provider and tell them how you feel
- Use emergency medicine



Red Zone = MEDICAL ALERT

- Trouble breathing at rest or with no physical activity
- Wheezing or chest tightness
- Heart feels like it is beating fast
- Change in the color of your lips or nails to white or blue
- Severely tired and/or feeling confused
- Chest pain that worsens when you breathe or cough

Red Zone Means:

- **YOU NEED EMERGENCY CARE!**
- **Call 911 for AMBULANCE**

