

My Home COPD Guide

My Doctor's number is _____



RED ZONE Take Action NOW!

- Extreme chest tightness or wheezing
- Struggling to breath
- You feel very tired or confused
- Fingernails or lips are blueish
- Chest pain

Call 911 or have someone take you to the emergency department as soon as possible.

YELLOW ZONE - Call your Doctor!

- Your spit is thicker than usual
 - Your sputum is green, yellow or brown for more than 12 hours
 - You have a fever more than 100 degrees for more than 24 hours
 - You feel that you are short of breath
 - You have sudden weight gain or swelling in ankles or feet
 - You get tired easily with daily activities
 - You become more forgetful
 - Skin is grey or pale
 - Trouble affording your medication from pharmacy or if you go without taking your medications
- Call your primary care doctor Their number is _____
You may need to have your medicine changed or additional medical tests

GREEN ZONE - Doing Good !

- Clear or white sputum
 - Small amounts of sputum
 - Able to breath without any problems
 - Able to think clearly
 - No shortness of breath
 - You don't get tired when you do your regular activities
- Your symptoms are under control
Keep taking your medication or oxygen as instructed
Keep all your medical appointments

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Green Zone

- This means you are Managing your COPD. Great Job!

Yellow Zone

- You need to call your doctor. If the office is closed you may need to go to an urgent care center or walk-in clinic.

Red Zone

- You need to be seen by a doctor As Soon As Possible. Have someone drive you to the emergency department or call 911 NOW.

What is COPD?

Chronic Obstructive Pulmonary Disease (COPD) damages your lungs. It makes it hard to breath and hard to get enough oxygen. You can get short of breath easily. Some people with CPOD may need to use oxygen at home. If you were in the hospital, you may have been given oxygen and breathing treatments (nebulizers). This was to help you breath better. Keep taking all of your medicine as directed.

COPD Management

- Take all of your pills and inhalers as directed. Keep all your medical appointments
- Having COPD makes it easier for you to get infections. Get a flu shot every year.
- Ask your doctor if you should get pneumonia vaccine.
- Wash your hands often. Try and stay away from people who are sick.
- When you feel short of breath use your rescue inhaler.
- Eat smaller meals more often. It might be easier to breathe when your stomach is not full.
- Keep your lungs from becoming more damaged. If you smoke, now is the time to quit.



Keep active and build strength

Ask your health care provider how far to walk.
Walk until it is just a little hard to breathe.
Slowly increase how far you walk.
Stand up and sit down several times
Do breathing exercises.

If you need Oxygen at home

- Always have a back-up supply of oxygen at home and when you go out.
 - Never change how much oxygen is flowing
 - My Oxygen supplier's
 - phone number is:
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- **Never smoke when you are using oxygen.**

