



Remember:

- ✓ Keep your doctor appointments.
- ✓ Take all of your medications to each doctor's appointment.
- ✓ Ask your doctor about getting a pneumonia vaccine.
- ✓ Get a flu shot and COVID vaccine every year.

GREEN Zone: Great Control

- I am able to do my usual activities and exercises.
- My usual amounts of cough and phlegm/mucus
- My symptoms aren't changing how well I eat or sleep at night.
- No chest pain

GREEN Zone Means I Should:



- Continue taking my medicine as ordered
- Keep all provider appointments
- Refill medications timely
- Use oxygen as prescribed
- Continue balancing activity and rest
- Avoid smoking and secondhand smoke

YELLOW Zone: Caution

Call Your Physician!

- I am short of breath more than usual
- It is more difficult to breathe
- I have less energy for my daily activities
- I have more mucus or the mucus is thicker or a different color
- I am using my relief/rescue inhaler more often than usual
- I am coughing more often than usual
- I feel like I have a "chest cold"
- My symptoms are waking me up and I am not sleeping well
- My appetite is not good
- My medicine is not helping the way it usually does
- I am needing to change my position to sleep to breathe better.

YELLOW Zone Means I Should:



Contact my doctor with a list of symptoms.

Mark each symptom you have in the yellow zone box for easy reference when you speak with your doctor's office. Ask for a same day appointment or to be seen as soon as possible.

These symptoms may indicate that an adjustment in medication or oxygen therapy is needed.

Physician Contact:

Doctor: _____

Phone: _____

RED Zone: Medical Alert!

- I have severe shortness of breath even when resting.
- I am not able to do my much activity at all because of difficulty breathing.
- Difficulty breathing is making it hard for me to get any sleep.
- Fever (*specific to individual) or shaking chills.
- I feel confused or very drowsy
- I have chest pain
- I am coughing up blood
- My skin, lips or nails have changed color to gray or blue

RED Zone Means I Should:



- **Act Fast... COPD is Serious!**
- **Call 9-1-1 and request an ambulance to the Emergency Department**

- ✓ Unlock the door so EMS can enter.
- ✓ Keep a list of current medicines and supplements on your refrigerator.

COPD Symptom Tracker

Use this log to track and discuss your symptoms with your medical provider as part of your COPD self-management plan. Follow your medical providers' guidance for how often and how long to track symptoms and when to seek medical attention.

You can also log your symptoms in a virtual platform (for example:

<https://www.copdfoundation.org/Learn-More/The-COPD-Pocket-Consultant-Guide/Patient-Caregiver-Track.aspx>)



GREEN: Continue to follow your plan and monitor changes



YELLOW: Note your symptoms, triggers, and any changes



RED: Stop and Call 911

Day/Date	Green	Yellow	RED	Symptoms	Trigger(s) What were you doing before your symptoms?	Interventions Medications, breathing techniques or rest that relieved symptoms.	Symptoms are now:
			STOP and CALL 911	<input type="checkbox"/> Cough <input type="checkbox"/> Mucus <input type="checkbox"/> Tired <input type="checkbox"/> Change in day-to-day activities <input type="checkbox"/> Other _____ <input type="checkbox"/> Tight Chest <input type="checkbox"/> Shortness of Breath <input type="checkbox"/> Not sleeping			<input type="checkbox"/> Worse <input type="checkbox"/> Same <input type="checkbox"/> Improved
			STOP and CALL 911	<input type="checkbox"/> Cough <input type="checkbox"/> Mucus <input type="checkbox"/> Tired <input type="checkbox"/> Change in day-to-day activities <input type="checkbox"/> Other _____ <input type="checkbox"/> Tight Chest <input type="checkbox"/> Shortness of Breath <input type="checkbox"/> Not sleeping			<input type="checkbox"/> Worse <input type="checkbox"/> Same <input type="checkbox"/> Improved
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