

ZONE TOOL | COPD



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

- No shortness of breath
- No weight gain more than 2 pounds (it may change 1 or 2 pounds some days.)
- No swelling of your feet, ankles, legs or stomach
- No chest pain

YELLOW Zone: Caution

Call Your Physician!

- Sputum (phlegm) that increases in amount or color or becomes thicker than usual
- Increased cough or wheezing
- Increased swelling of ankles or feet
- Increased shortness of breath with activity
- Weight loss or gain of 3 lbs
- Fever of 100.5 F oral or 99.5 F under the arm
- Increased number of pillows needed to sleep or need to sleep in chair
- Anything else unusual that you assess or the resident mentions
- Symptoms may indicate that an adjustment in medication or oxygen therapy is needed

RED Zone: Medical Alert!

- Unrelieved shortness of breath
- Unrelieved chest pain
- Increased or irregular heart beat
- Change in color of your skin, nail beds, or lips to gray or blue

GREEN Zone Means I Should:



- Continue taking my medicine as ordered
- Continue monitoring for swelling in feet, ankles or legs
- Eat low-salt/low-sodium foods
- Continue balancing activity and rest
- Avoid smoking and secondhand smoke

YELLOW Zone Means I Should:



Contact my doctor with a list of symptoms.

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

Physician Contact:

Doctor: _____

Phone: _____

RED Zone Means I Should:



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

