

# Manage Your COPD

<b>Green Zone</b>	<p><b>COPD is good today</b></p> <ul style="list-style-type: none"> <li>✓ Normal activity levels</li> <li>✓ Sleep well</li> <li>✓ Eat well</li> <li>✓ Cough and mucus are normal</li> </ul>	<p><b>Actions</b></p> <ul style="list-style-type: none"> <li>✓ Take my medicines</li> <li>✓ Use my oxygen (if prescribed)</li> <li>✓ Continue diet and exercise plan</li> <li>✓ Avoid smoke</li> <li>✓ Practice breathing exercises</li> </ul>
<b>Yellow Zone</b>	<p><b>I'm having a bad day or a flare-up</b></p> <ul style="list-style-type: none"> <li>✓ Feel breathless</li> <li>✓ I have less energy than usual</li> <li>✓ I have more mucus</li> <li>✓ I have thicker mucus</li> <li>✓ Using my medicines more often</li> <li>✓ More coughing</li> <li>✓ I haven't slept well</li> <li>✓ I don't have an appetite</li> <li>✓ My medicine isn't helping</li> </ul>	<p><b>Actions</b></p> <ul style="list-style-type: none"> <li>✓ Use medicine</li> <li>✓ Use rescue inhaler every __ hours</li> <li>✓ Start medicine (name, dose) _____</li> <li>✓ Use oxygen</li> <li>✓ Get rest</li> <li>✓ Use pursed lip breathing</li> <li>✓ Avoid smoke</li> <li>✓ Call my doctor right away if my symptoms don't get better</li> </ul>
<b>Red Zone</b>	<p><b>I need to see a doctor now</b></p> <ul style="list-style-type: none"> <li>✓ Short of breath even when not moving</li> <li>✓ Not able to do any activity because I can't breathe</li> <li>✓ Can't sleep because I can't breathe</li> <li>✓ Fever or shaking chills</li> <li>✓ Feel confused or very tired</li> <li>✓ Chest pains</li> <li>✓ Coughing up blood</li> </ul> <p><b>Call 911!</b></p>	<p><b>Actions</b></p> <ul style="list-style-type: none"> <li>✓ Call 911 or seek medical care right away</li> <li>✓ While getting help, do:</li> <li>✓ _____</li> <li>✓ _____</li> <li>✓ _____</li> <li>✓ _____</li> <li>✓ _____</li> </ul> <p><b>Call 911!</b></p>

My COPD doctor's phone number is: \_\_\_\_\_