

# COPD Education Tool



## Green Zone: I Am Doing Well Today

- Usual activity and exercise level
- Usual amounts of cough and phlegm/mucus
- Sleep well at night
- Appetite is good



## Yellow Zone: Bad Day Or COPD Flare

- More breathless than usual
- Less energy for daily activities
- Increased or thicker phlegm/mucus
- Using quick relief inhaler/nebulizer more often
- Swelling of ankles more than usual
- More coughing than usual
- I feel like I have a “chest cold”
- Poor sleep and symptoms woke me up
- Fever or shaking chills
- Appetite is not good
- Medicine is not helping



## Red Zone: Medical Alert

- Severe shortness of breath, even at rest
- Not able to do any activity or sleep because of breathing
- Feeling confused or very drowsy
- Chest pains
- Coughing up blood



C E N T R A

Home Health

*Lynchburg*

434.200.4111

*Farmville*

434.315.2550

AtHomeWithCentra.com

# Action Plan



## Green Zone Actions

- Take daily medicines
- Use oxygen as prescribed
- Continue regular exercise/diet plan



## Yellow Zone Actions

- Continue daily medications
- Use quick relief inhaler every \_\_\_ hours
- Start an oral corticosteroid
- Start an antibiotic
- Use oxygen as prescribed
- Get plenty of rest
- Use pursed lip breathing



## Red Zone Actions

- **Call 911!!!**



C E N T R A

Home Health

*Lynchburg*

434.200.4111

*Farmville*

434.315.2550

AtHomeWithCentra.com