

Chronic Obstructive Pulmonary Disease Program

Name _____ Severity _____ Latest FEV1 _____ Date _____

Medications	Name of Medications	How much to take	When to take it
Rescue Inhaler			
Daily Inhaler			
Daily Inhaler			
Inhaled Steroid/Nebulizer			
Inhaled Steroid/Nebulizer			

GREEN ZONE: ALL CLEAR:

1. Breathe easily doing usual activities
2. Mucus is clear/white, easy to cough up, small amounts
3. Able to think clearly
4. Can do usual activities without tiring

GREEN ZONE ACTIONS:

1. Continue with your usual activities including exercise
2. Take medicines as ordered by your doctor

YELLOW ZONE CAUTION:

1. More shortness of breath, wheezing or coughing more than usual
1. Mucus is thicker or stickier than usual
2. If by early afternoon mucus is still green, yellow or brown
3. Blood in mucus
4. Fever develops and is above 100.4
1. Gained or lost weight for no reason; swelling in feet or ankles
2. Tired and not able to finish usual activities without resting
3. Trouble sleeping, sleeping with extra pillows

YELLOW ZONE ACTIONS:

1. Take nebulizer treatment or rescue inhaler
2. Use pursed lip breathing and relaxation exercises
3. Pace yourself and limit activities
1. Drink more water if no fluid limits. Avoid coffee, tea or soda
2. Use flutter (Acapella) valve if you have one
3. Start antibiotics and prednisone if ordered by your doctor
4. **Call your doctor**/respiratory nurse and inform them about changes in how you feel
1. **Contact your doctor:** _____
2. **Call family member, if available**

RED ZONE: MEDICAL ALERT:

1. Breathing does not improve with rescue inhaler
2. Chest pain
3. Feel like you are going to faint
4. Frightened by not being able to breathe
5. Frightened by how tired or sleepy you are
6. Confused or restless

RED ZONE ACTIONS:

1. **Call a family member NOW**
Phone# _____
2. **Call 911 if unable to talk to doctor or nurse right away OR go to nearest emergency room**