

Chronic Obstructive Pulmonary Disease (COPD)

Daily Self Check

Green Zone CONTINUE DAILY ROUTINE



Physical activity level is normal for you



No new or worsening shortness of breath or cough



No new swelling in legs or feet

Instructions:

Continue meds as directed



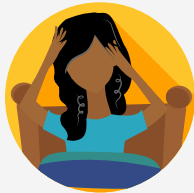
Continue daily activities



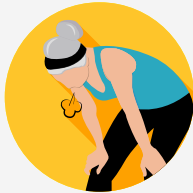
Keep follow up appointments



Yellow Zone CAUTION! CHECK WITH YOUR CARE PROVIDER



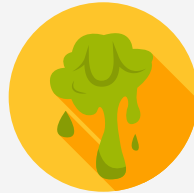
Trouble sleeping due to shortness of breath or cough



Worsening shortness of breath with activity



More breathless or increased coughing/ "chest cold" feeling



Increased or thicker phlegm or sputum



Increased swelling of legs and feet



Using quick relief inhaler or nebulizer more often

Instructions: **Call your care provider today to report changes.**



You may need a change in your medications or you may need to be seen by your care provider.

Red Zone WARNING! TAKE ACTION - CALL 911!



New or worsening dizziness or confusion



Severe shortness of breath at rest and unable to lie flat



Coughing up blood



Chest pain or pressure



See a care provider or call 911 right away!