

# CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

## Daily Self Check

Please follow the guide below to help monitor your health and determine if and when you should contact your provider. If you are ever in doubt, please call your provider or 911 for immediate assistance.

### 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 - GO TO THE EMERGENCY DEPARTMENT



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 today or go to the emergency department!**