

# Zones for Management of Chronic Obstructive Pulmonary Disease

## Green Zone = "All Clear"

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- No decrease in your ability to maintain normal activity level



## Green Zone Means:

- Your symptoms are under control
- Continue taking your medications as ordered
- Keep all physician appointments

## Yellow Zone = "Caution"

**If you have any of the following signs or symptoms:**

- Sputum (phlegm) that increases in amount of color or becomes thicker than usual
- Increased cough or increased wheezing even after you take your medicine and it has time to work
- Increased swelling of ankles and/or feet
- Increased shortness of breath with activity
- Weight loss or gain of 3 lbs
- Fever of 100.5 F oral or 99.5 F under your arm
- Increased number of pillows needed to sleep or need to sleep in a chair



**You are in the YELLOW ZONE, call your Physician**

## Yellow Zone Means:

- Add "Quick Relief Medicine" \_\_\_\_\_
- Your symptoms may indicate that you need an adjustment in your medications



**Call your physician and/or healthcare team**

Physician: \_\_\_\_\_

Number: \_\_\_\_\_

Instructions: \_\_\_\_\_

## RED ZONE = "Medical Alert"

- Unrelieved shortness of breath
- Wheezing or chest tightness at rest
- Increased and/or irregular heart beat
- Change in the color of your skin, nail beds or lips to gray or blue
- Mental status changes
- Chest Pain or pain that worsens when you breathe or cough



## Red Zone Means:

This indicates that you need to be evaluated by a physician right away.



**Call your physician right away.**

Physician: \_\_\_\_\_

Number: \_\_\_\_\_

**Call your Physician if you are in the RED ZONE.**