COPD Zones

Do these EVERY DAY:

- Take ALL medications as prescribed.
- Be active and exercise every day as much as possible.
- Stop smoking. Don't allow others to smoke around you.
- Use oxygen appropriately, if ordered.

ALL CLEAR—This zone is your goal

- You do not have symptoms or they are mild
- Your breathing is easy doing usual activities
- Mucous is clear or white, easy to cough up, and small amount

CAUTION—This zone is a warning zone

- Call your Nascentia nurse first at 315-477-4663 with these symptoms
- More shortness of breath, wheezing or coughing more than usual
- Mucous is thicker or stickier than usual
- Using your quick relief/inhalers more often
- Are you feeling blue? (Uneasy, anxious, fearful, and know something is not right)

EMERGENCY

- Go to the emergency room (do not drive yourself) or call 911
- Chest pain
- Unable to focus, drowsy, or cannot think clearly (Caregiver observes increased confusion)
- Coughing up blood
- Severe shortness of breath at rest.

Nurse: ( )  PCP: ( )  Lung Doctor: ( )