

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:

Phone: ()

PCP:

Phone: ()

Lung Doctor:

Phone: ()