## **COPD** Zones



# Do these EVERY DAY:

- ✓ Take ALL medications as prescribed.
- ✓ Be active and exercise every day as much as possible.
- 3 4 5 6 7 8 9 15 11 12 13 13 15 15 15 17 18 15 15 12 22 18 15 15 12 22 22 23 29 29
- ✓ 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

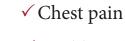
Call your Nascentia nurse first at 315-477-4663 with these symptoms

- ✓ 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



- ✓ 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:
Phone: ( )	Phone: ( )	Phone: ( )