

## **COPD Outpatient Stoplight**

<b>Green Zone</b> <b>"You are good to go"</b>	<b>Your symptoms are under control when you have....</b> <ul style="list-style-type: none"> <li>➤ Breathing without difficulty at rest</li> <li>➤ Usual amount of mucus that is clear or white</li> <li>➤ Usual amount of daily activities without tiring or getting more short of breath than usual</li> <li>➤ Restful sleep</li> <li>➤ A good appetite</li> </ul>	<b>Actions:</b> <ul style="list-style-type: none"> <li>➤ Continue your medications as prescribed</li> <li>➤ Keep all scheduled doctors' appointments</li> <li>➤ Avoid people who are sick</li> <li>➤ DO NOT smoke and stay away from secondhand smoke</li> <li>➤ Used pursed lips breathing</li> <li>➤ Eat a healthy diet</li> <li>➤ Get enough rest/sleep</li> </ul>
<b>Yellow Zone</b> <b>"Slowdown"</b>	<b>Call your Family Physician or Pulmonary Provider if you are having...</b> <ul style="list-style-type: none"> <li>➤ More shortness of breath than usual</li> <li>➤ Using Breathing techniques more than usual</li> <li>➤ Frequent morning headaches</li> <li>➤ Less energy</li> <li>➤ Difficulty doing daily activities</li> <li>➤ Mucus that is thicker, has changed color, has blood, or an odor</li> <li>➤ You have to turn up your oxygen to help you feel better</li> <li>➤ You have trouble sleeping because of your breathing</li> <li>➤ Poor appetite for more than 2 days</li> <li>➤ Fever</li> </ul>	<b>Actions:</b> <ul style="list-style-type: none"> <li>➤ Call your Family Physician or Pulmonary provider</li> <li>➤ Continue taking medications as prescribed</li> <li>➤ Continue use of oxygen as prescribed</li> <li>➤ Use pursed lip breathing</li> <li>➤ DO NOT smoke and stay away from secondhand smoke</li> <li>➤ Get enough rest/sleep</li> </ul>
<b>Red Zone</b> <b>"STOP"</b>	<b>You need to be seen by a doctor right away if you have.....</b> <ul style="list-style-type: none"> <li>➤ Moderate to severe shortness of breath</li> <li>➤ Chest tightness or wheezing</li> <li>➤ Blue fingertips or lips</li> <li>➤ Hard to walk or talk</li> <li>➤ Not able to lay down because of breathing</li> <li>➤ Coughing up blood</li> <li>➤ Drowsiness, confusion, or agitation</li> </ul>	<b>Actions:</b> <ul style="list-style-type: none"> <li>➤ Call 911 or get medical attention immediately</li> </ul>