# COPD Outpatient Stoplight

<table>
<thead>
<tr>
<th>Green Zone</th>
<th>Your symptoms are under control when you have....</th>
<th>Actions:</th>
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</table>
| "You are good to go" | ➢ Breathing without difficulty at rest  
➢ Usual amount of mucus that is clear or white  
➢ Usual amount of daily activities without tiring or getting more short of breath than usual  
➢ Restful sleep  
➢ A good appetite | ➢ Continue your medications as prescribed  
➢ Keep all scheduled doctors’ appointments  
➢ Avoid people who are sick  
➢ DO NOT smoke and stay away from secondhand smoke  
➢ Used pursed lips breathing  
➢ Eat a healthy diet  
➢ Get enough rest/sleep |

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<th>Yellow Zone</th>
<th>Call your Family Physician or Pulmonary Provider if you are having...</th>
<th>Actions:</th>
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| "Slowdown" | ➢ More shortness of breath than usual  
➢ Using Breathing techniques more than usual  
➢ Frequent morning headaches  
➢ Less energy  
➢ Difficulty doing daily activities  
➢ Mucus that is thicker, has changed color, has blood, or an odor  
➢ You have to turn up your oxygen to help you feel better  
➢ You have trouble sleeping because of your breathing  
➢ Poor appetite for more than 2 days  
➢ Fever | ➢ Call your Family Physician or Pulmonary provider  
➢ Continue taking medications as prescribed  
➢ Continue use of oxygen as prescribed  
➢ Use pursed lip breathing  
➢ DO NOT smoke and stay away from secondhand smoke  
➢ Get enough rest/sleep |

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<th>Red Zone</th>
<th>You need to be seen by a doctor right away if you have......</th>
<th>Actions:</th>
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| "STOP"    | ➢ Moderate to severe shortness of breath  
➢ Chest tightness or wheezing  
➢ Blue fingertips or lips  
➢ Hard to walk or talk  
➢ Not able to lay down because of breathing  
➢ Coughing up blood  
➢ Drowsiness, confusion, or agitation | ➢ Call 911 or get medical attention immediately |