

COPD Outpatient Stoplight

Green Zone “You are good to go”	Your symptoms are under control when you have.... <ul style="list-style-type: none"> ➤ 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 	Actions: <ul style="list-style-type: none"> ➤ 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
Yellow Zone “Slowdown”	Call your Family Physician or Pulmonary Provider if you are having... <ul style="list-style-type: none"> ➤ 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 	Actions: <ul style="list-style-type: none"> ➤ 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
Red Zone “STOP”	You need to be seen by a doctor right away if you have..... <ul style="list-style-type: none"> ➤ 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 	Actions: <ul style="list-style-type: none"> ➤ Call 911 or get medical attention immediately