

# COPD Zones

(Chronic Obstructive Pulmonary Disease)

Bring this sheet along to discuss during your loved one's appointments.

Use these questions to determine which zone your loved one is in today.

- Have they used their **rescue/blue inhalers** or oxygen more often?
- Is there any change in their **breathing** (e.g., takes longer to walk, may have more difficulty on stairs, unable to speak after walking)?
- Are they able to participate in **usual daily activities**?
- Are they complaining of having **chest pain**? Is this new or more frequent?
- Any changes in their **sputum** (e.g., changes in amount, colour, consistency)?
- Any changes in their **appetite**?



Take **medications** as instructed by your nurse or physician



Balance activity with regular breaks to **rest**



Use practiced **breathing techniques** and write down **breathing symptoms** to discuss at next appointment

## GREEN ZONE

- No fever
- No increase in shortness of breath
- No increase in the amount, thickness or stickiness of mucous (phlegm or sputum)

## ALL CLEAR

Continue activities as usual

## YELLOW ZONE

- More trouble breathing than usual
- New cough, or a cough that is worse than usual
- A change in colour, amount, or thickness from normal mucous (phlegm or sputum)
- Fever above 38° Celsius (100.4° Fahrenheit)

## WARNING ZONE

Call physician

## RED ZONE

- Struggling to breathe or can't catch their breath
- Heart is "racing"
- Can't think clearly or feeling confused
- Feeling dizzy or lightheaded
- Have sudden chest pain that does not go away

## EMERGENCY



Call 911

