



Every Day:

- Take daily medications / inhalers as prescribed by your doctor
- Use oxygen as instructed
- Do pursed-lip breathing when short of breath
- Avoid smoke and inhaled irritants
- Balance activity and rest times
- Eat 5 or 6 small meals a day instead of 3 large ones
- Drink plenty of fluids
- Get plenty of rest and reduce stress

GREEN ZONE: All Clear!

This zone is your goal. Keep up the good work if...

- Your breathing is normal for you
- You are able to do usual activity and exercise
- You have usual amounts of coughing or phlegm/mucous
- You do not need to use rescue inhalers
- Your appetite is good or normal for you
- You are sleeping well

YELLOW ZONE: Caution!

This zone is a warning and you should call your doctor if...

- You are more breathless
- You have been increasing your use of oxygen
- You are wheezing or coughing more than usual
- You feel like you have a "chest cold"
- You have increased phlegm / mucous, or a change in color of phlegm / mucous
- You have trouble talking or doing your usual activities because of breathing difficulty
- You are feeling more tired; you have low energy
- You have a dry hacking cough
- You are using your rescue inhaler or nebulizer more often than usual
- You have difficulty lying flat or need to sleep in a chair (if this is a change). You need an increased number of pillows.
- You are feeling uneasy; you know something is not right
- You have fever or chills

RED ZONE: Emergency!

Call 911 or have someone take you to the Emergency Room if...

- You are having trouble breathing
- You have severe chest pain or pressure that lasts for more than a few minutes or keeps returning
- You are wheezing or have chest tightness at rest
- You are confused or not thinking clearly
- You are feeling dizzy or feel like you may pass out
- You are coughing up blood

Key Contacts- Fill in numbers for:

Primary Physician: _____ **Cardiologist:** _____

Other: _____